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Ornaments shown actual size.

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The Ladies of Fashion

Christmas Ornaments

Shown actual size.

Exquisite recreations of antique dolls as collector quality Christmas ornaments

Lavishly outfitted, artfully crafted in porcelain and delicately painted by hand.

What better subject for a collection of Christmas ornaments than antique dolls? Beautiful dolls and Christmas seem naturally to go together. For dolls have been delighting little girls on Christmas morning for as long as Santa has been coming down chimneys.

Now, the Danbury Mint is pleased to announce an exclusive new collection...*The Ladies of Fashion Christmas Ornaments*. Inspired recreations of antique porcelain dolls, these beautifully crafted heirloom quality ornaments are destined to become a special part of your family's Christmas celebration.

Meticulously handcrafted, amazingly detailed

The hand-crafting in each enchanting ornament is astonishing. Each features head, hands and feet of fine bisque porcelain—painted entirely by hand! The costumes, too, are all lovingly tailored by hand, featuring a wonderful array of sumptuous fabrics: satins, velvets, taffetas and more.

The Ladies of Fashion Christmas Ornaments are remarkable for their stunning attention to detail. Special touches abound, such as intricate dainty lace, bright satin ribbons and multi-colored feathers and beads. There are redheads, blonds and brunettes...twenty-five unique and distinctive ornaments in all.

Exclusive ornaments, attractively priced

The Ladies of Fashion Christmas Ornaments are available only from the Danbury Mint. The price of just $19 each is guaranteed for the complete collection. An attractive custom-made storage box to carefully house and protect your ornaments is yours at no extra charge. And, each collection will be accompanied by a Certificate of Registration bearing your unique personal serial number. To reserve your ornaments, you need send no money now. Simply return the Reservation Application.

The Danbury Mint

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RESERVATION APPLICATION

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47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my reservation for *The Ladies of Fashion Christmas Ornaments*, a collection of 25 porcelain doll ornaments. A storage box will be included as part of my collection. The cost of each ornament is $19*, and is guaranteed for the entire collection.

I need send no money now. My first ornament will be shipped individually. Thereafter, every other month, I will receive 2 ornaments payable in monthly installments. Any ornament that I am not completely satisfied with may be returned within 30 days for a replacement or refund. This subscription may be canceled by either party at any time.

*Plus $2 for shipping and handling.

Name _____
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City _____

State _____ Zip _____

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Credit Card Number Expiration Date

Signature _____

Please allow 8 to 12 weeks after payment for initial shipment.

A20

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Meryl Streep—sheds her show-biz, high-viz image and settles in for some early-morning chat with an old schoolmate. **50**

Kids Will Be Kids—Now they're flexing their macho muscles and breaking the law by shooting glue into easy-to-ravage cigarette vending machines. **14**

Yer Out!—at the old ball park for a sentimental journey through time as baseball marks 150 years as the great American pastime. **30**

Broder Is Back—for another round of tough questions about the National Cancer Institute under his leadership. **42**

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Founded A.D. 1728

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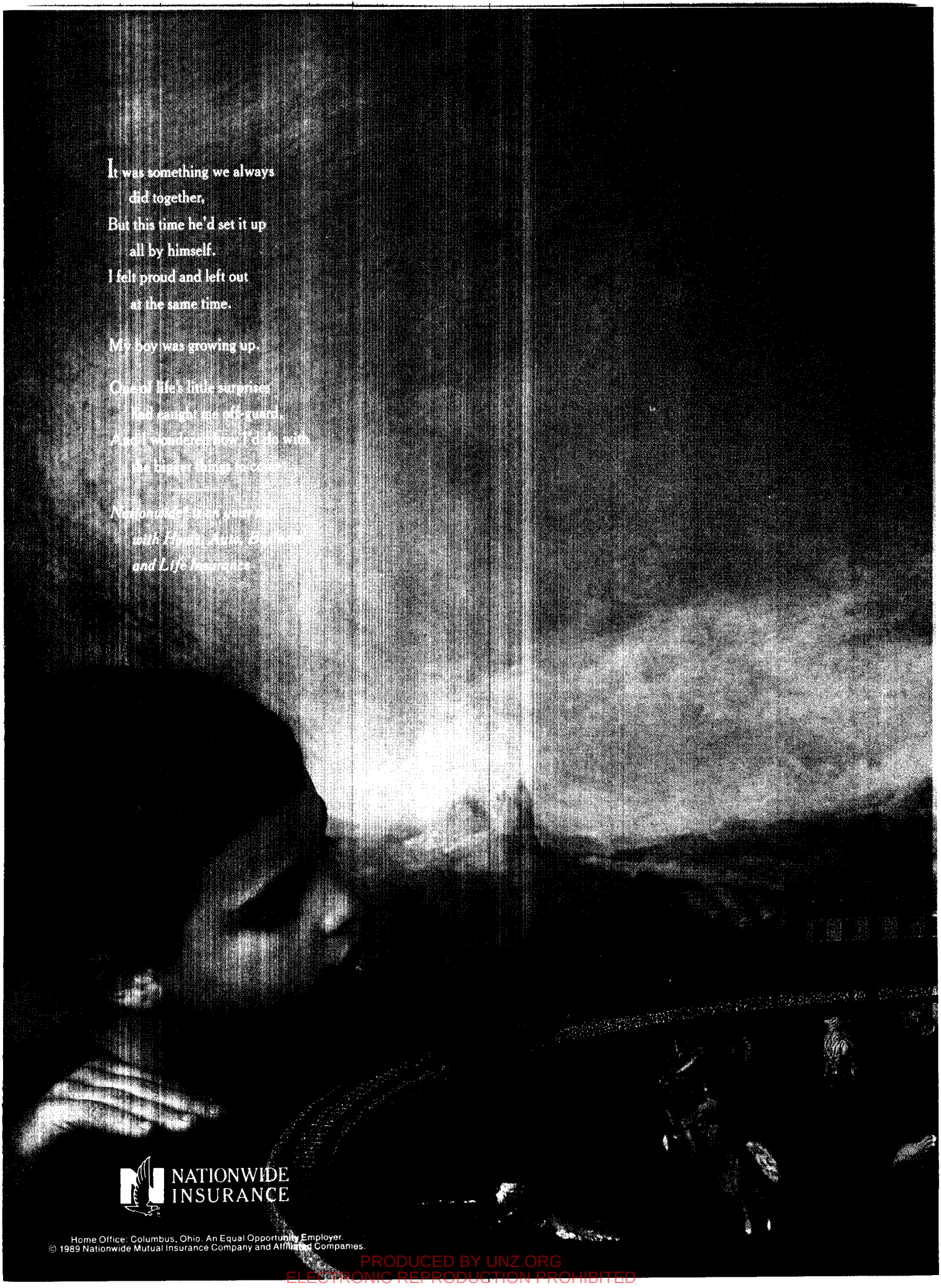
It was something we always
did together,
But this time he'd set it up
all by himself.
I felt proud and left out
at the same time.
My boy was growing up.
and Life Insurance

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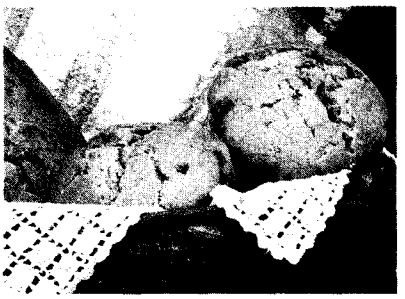
Jill Ireland—battles a grisly monster with paper, pencils, and two best-selling books. **44**



Sweet Ideas—come from rice, the latest addition to the healthy blitz of bran products. **92**

Margaret Thatcher—says it's the link between church and state that makes Britain great. **60**

Sunken Treasure—comes to light when a Missouri River steamboat and its cargo are unearthed. **48**

Art Buchwald—nixes his six-stogies-a-day habit after a nudge from the Man Upstairs. **28**

Letters

Actions Speak Loudest

Your article about Mother Teresa [April '89] was short and sweet. How much we can learn from her. She is truly a person who puts her words into actions. Perhaps the time is here when we should teach children to have an idol like her, not drugs, etc. I for one use her as an intercessor in all my prayers. She, like St. Francis of Assisi, has touched millions of hearts just by her life of living out helping the "poorest of the poor." Keep up these good articles.

Karen Zetts
Inwood, West Virginia

Map Game Strikes Home

On page 104 of your April 1989 issue, your "Where do you think you are?" map segments literally struck very close to home.

Your No. 6 shows Bradford, Pennsylvania, where I was born and lived until I migrated to Florida in 1947 at age 19. I lived in South Florida from 1947 until 1971, at which time my wife and I decided to move to Central Florida to raise our family in a less crowded, more tranquil, country-type atmosphere. The place we chose was Osteen, a small country town just barely outside your circle of No. 9 map. We're in Volusia county—DeLand is our county seat.

Shortly after we moved here, Mr. Disney announced that he was building his "World" a short 45-minute drive from our property. The activity that Disney has generated, plus the general population growth in Florida, means that we now have the same problems here that we left in South Florida 18 years ago.

We are planning to move again in the not-too-distant future. Is there any chance of receiving advance copies of your map games so that we may be sure to miss future "hot spots"?

Keep up the good work. You put out a great magazine!

Jerry Haley
Osteen, Florida

Pet Peeve

Congratulations? Yes! You win the booby prize as Editor-In-Chief. Why? Because you approved a publication for circulation that does not contain one word from those highly needed veterinarians.

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Of course, people and health are important; however, one of the major facets of *The Saturday Evening Post* has been diversification of topics, and one becomes as consistent a reader of what the veterinarians have for enlightenment as of what Maynard Good Stoddard contributes, either tongue-in-cheek wit or on his most serious assignments of topics.

You certainly are not going to permit such an oversight to again occur, are you?

Ms. C. Heiner
Ingleside, Illinois

Soup's On

I received the package of 15 Beans & Lysine Soup and made it right away. It is delicious. Thank you.

Mary J. Jones
Las Vegas, Nevada

Pardon the Organs

A celebrated heart recipient, a teenager, Donna Ashlock, of Modesto, California, died waiting for her second heart. There is extreme shortage of organ donors.

There should be legislation that criminals who have taken lives and are sentenced to die be made to save lives by donating their organs. May be able to save at least five lives, plus cornea, etc.

Iris Yamashita
Berkeley, California

In Praise of the *Post*

We would like to join in with so many other *Saturday Evening Post* readers saying we love your magazine and look forward to receiving it each month. It is refreshing to read your articles on health (all areas) and your stand against smoking. Please keep up the good work!

The concern we have now about our diet is adding more fiber, lowering fat a lot, and reducing sugar. Walking every evening after dinner makes us have more energy.

"Think that one over very carefully; it's a $200,000 putt, and 12 million viewers are watching this on TV, plus your former wife who said you haven't got what is takes."

We salute you today, *SEP*.

We end with this quote: "Who can say this rich praise that you alone are you."—Shakespeare sonnet

P.S. Has anyone told you that your cartoons are great? Just absolute good, clean fun that induces a belly laugh or two.

Diane & Steve Antone
Rupert, Idaho

Heartfelt Thanks

Thank you for no longer allowing tobacco or cigarette advertisements in your publication. The youth of America will thank you many times over in generations to come.

Jean B. Newberry
Regional Coordinator
Texans' War on Drugs
Corpus Christi, Texas

A Stamp of Approval

I thoroughly enjoyed the April issue of the *Post*. It was great. I especially liked the article on Albert Staehle by dear old Maynard.

As I wrote several years ago, I still have some *Post* covers of Butch from the '40s, but had never read anything about Mr. Staehle or "the rest of the story" about Butch.

I wrote the philatilic division [of the U.S. Postal Service] and received a nice reply telling me they were seriously considering the postage stamp in question.

The *Post* is still my favorite.

Cecelia Phillips
Sequim, Washington

My daughters and I want to express our appreciation for the fine article you have written on "Butch" and Albert Staehle. When the stamp becomes a reality, I know that much of its realization will be due to the influence of your writing on *Saturday Evening Post* readers.

I think you will be interested to know that some of us (instructors) in the Department of English at Miami-Dade Community College are using your piece as a sample of a well-thought-out persuasion essay. I was quick to point out that of all the many articles written about my husband throughout the years, yours was the first to tie up animal lovers with art lovers, thus illustrating that a fresh angle can usually be found by a good writer.

Again, thank you for the wonderful article on my late husband, Albert

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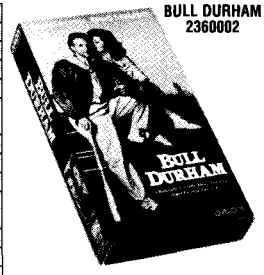

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Chicago, Ill.—A free offer of special interest to those who hear but do not understand words has been announced by Beltone. A non-operating model of the most popular canal hearing aid in America today will be given absolutely free to anyone who sends for this free model now.

Send for this model, it will show you how tiny hearing help can be. It is not a real hearing aid and it's yours to keep free. The actual aid weighs less than an eighth of an ounce, and it fits completely into the ear canal.

These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. All hearing problems are not alike and some cannot be helped by a hearing aid but many can. So, send for your free model now. Thousands have already been mailed, so be sure to send your name, address and phone number today to Dept. 14627, Beltone Electronics, 4201 West Victoria Street, Chicago, Illinois 60646.

In California, your local authorized Beltone dealer may call.

Staehle, and our dog, "Butch."

Marjory Houston Staehle
North Miami, Florida

Delightful Delivery

I must write and tell you how delighted I am with the new cookbook you sent me. It is priceless.

I haven't gone any further than the breads and have found what I have been looking for for a long time.

I must tell you that I am a master bread baker. I am 73 years old, and I bake bread five to six times a week. My customers are people who have heart problems, diabetes, and people who love good wholesome bread.

I buy the flour that I use (white flour) unbleached, from a mill in Fairfield, Idaho. It is organically grown. I also purchase the wheat that I grind fresh at the same place.

I was delighted to find a recipe on how to make oat flour from oatmeal. That was a great and wonderful thing. Also the recipe for whole-wheat bread using barley malt. I have a good, old farmer that brings me 35 pounds of barley right from the threshing machine each fall. I make my own barley malt to sweeten the bread. All in all, I have found the cookbook priceless.

I thank you very much.

Mrs. Don H. Kirkman
Twin Falls, Idaho

In Praise of Naismith

I always knew James Naismith invented the game of basketball by using peach baskets, but other than that I knew very little about him. However, your article "The Basketball Man" (April '89) really enlightened me. I was surprised to learn that he was Canadian, as I naturally assumed it was an American who invented this popular U.S. sport. Also, I was amazed to learn that at one time he was a high-school dropout, though he eventually returned to school and became a medical doctor.

Naismith was more than just a mere inventor, he was also a true visionary. He saw the need for a shot clock and bonus points for long-range baskets long before they were implemented. In this day of self-centered, egotistical sports figures, James Naismith is certainly someone to emulate; though he easily could have had the game named after him, he was modest and unselfish enough to choose not to. By placing the game's interests above his own, it made him in name and in spirit truly the "father of basketball."

Kenneth L. Zimmerman
Cypress, California

Soybean Booster

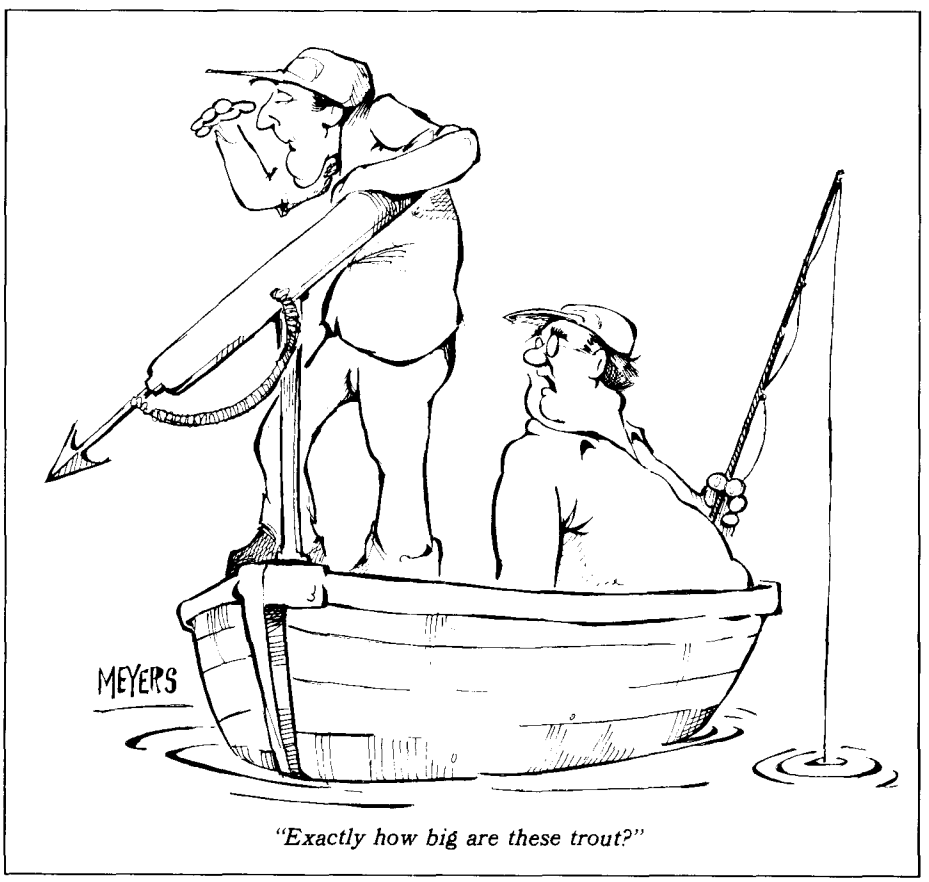
I really appreciated your article "Bring on the Beans" [April '89]. Thank you for including soybeans in one recipe, Self-Control Chili. I haven't tried it yet but plan to soon—perhaps I'll know then why it is named as it is.

I have been developing and collecting soybean recipes for three years and believe there is more interest in using soybeans than any other dry bean. I believe all dry beans are nutritionally very good but believe the soybean is the best!

Through a monthly mailing that I put out for our business, I have shared several soybean recipes.

The soybean is such a hard bean—I've never cooked it mushy. I've always soaked two nights—perhaps that explains why I haven't found them as "gassy" as other beans. I plan to try your preferred hot-soak method and believe that will be an improvement.

Sarah Guyer
Address Unknown



"Exactly how big are these trout?"

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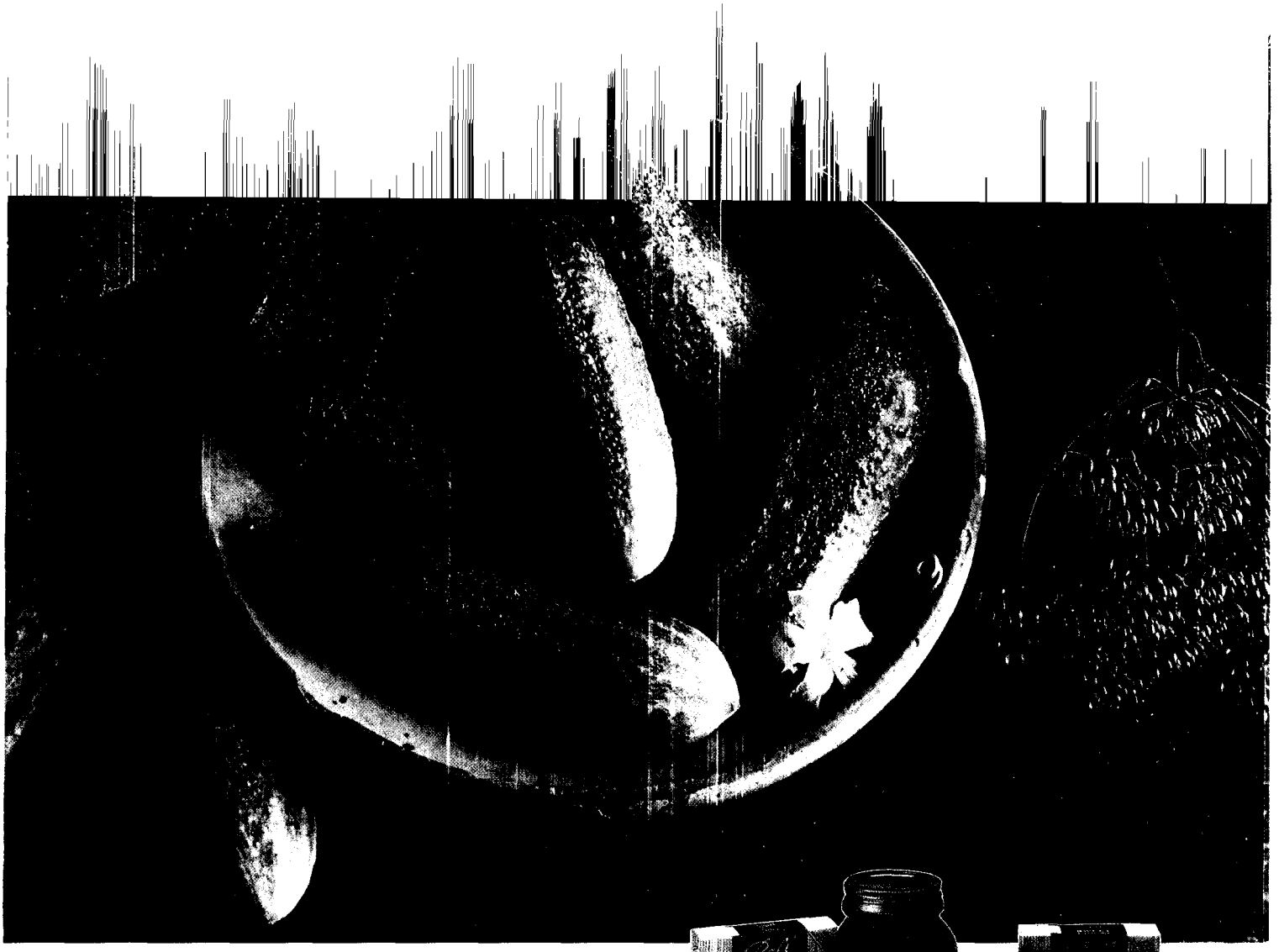

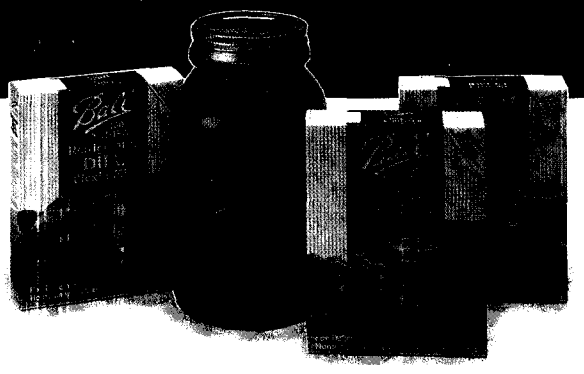

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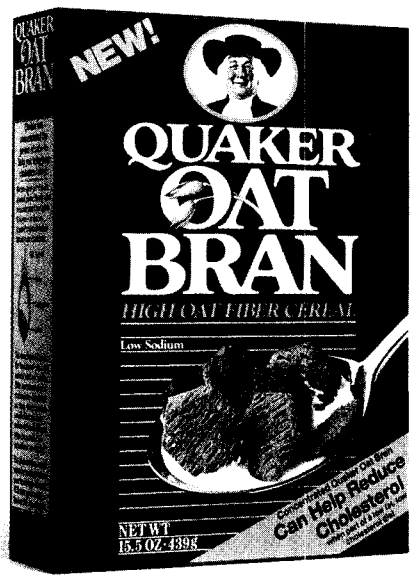
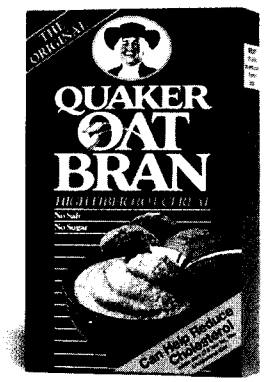
The Truth Ab





By now, you've heard plenty about oat bran and cholesterol. And chances are, you've come to believe that most oat bran cereals are the same.

The truth is, they're not.

Original Quaker Oat Bran's Been to Medical School

Most oat bran cereals haven't been through extensive clinical testing.

Original Quaker Oat Bran hot cereal has. By the medical schools of Northwestern University and the University of Kentucky.

It's the only leading cereal which is 100% pure oat bran. With no sodium. No sugar. And no added oils.

And being pure, it provides more oat bran than any other leading cereal. 28 grams of oat bran per serving.

The Most Oat Bran in a Cold Cereal

Now, for the first time, the same oat bran ingredient is available in a delicious new crunchy, cold cereal.

Whatever you may have heard about oat bran levels, the truth is this:

New Quaker Oat Bran cold cereal contains more oat bran than any leading cold cereal. Period.

It provides 50% more oat

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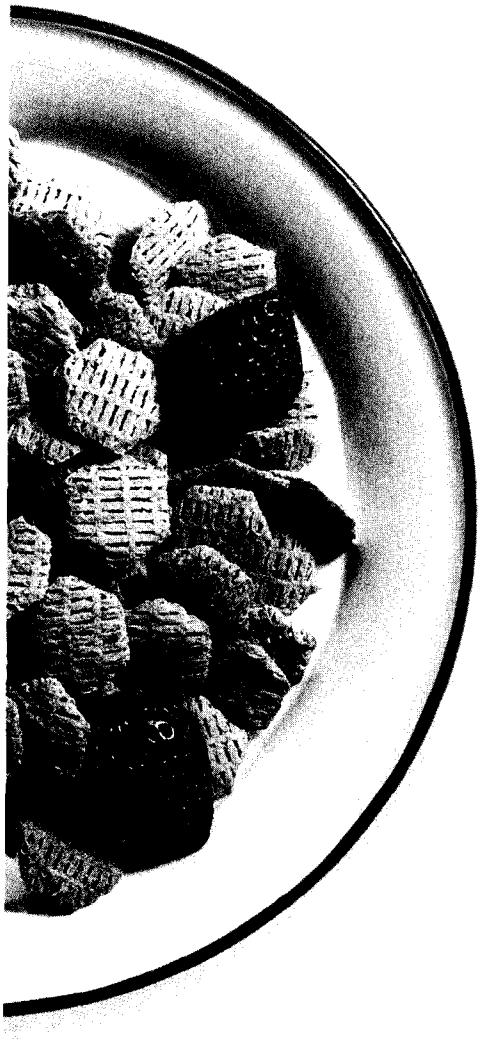
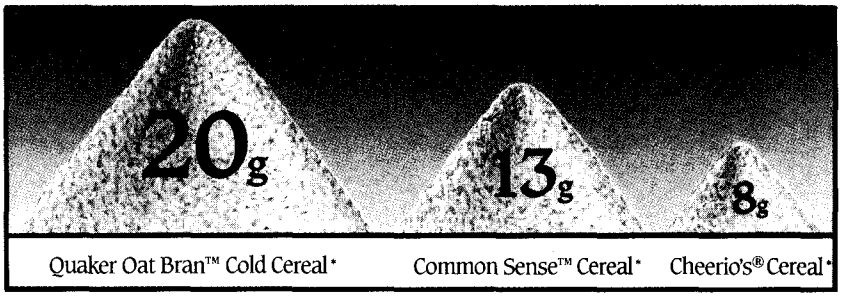
out Oat Bran.





bran than Common Sense™ cereal. And over twice the oat bran of Cheerios.®

Trust the Oat Bran Expert

All clinical studies done with Original Quaker Oat Bran hot cereal reported the same positive news.

The quality oat bran ingredient in Quaker Oat Bran cereal can help reduce cholesterol, as a daily part of a fat modified, high oat fiber diet.

Which all means it makes good health sense to choose your diet carefully. And to choose your oat bran carefully.

And that's the truth.

*per 1oz. serving.

Oat Bran From The Expert.™

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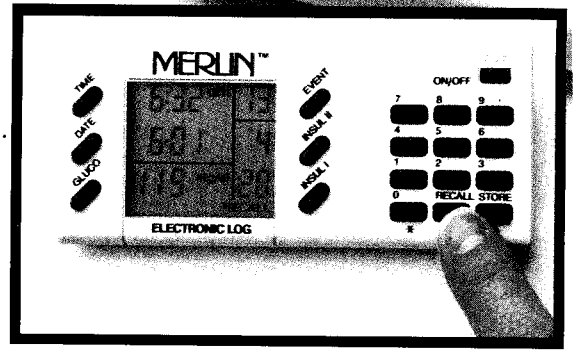
ATTENTION PEOPLE WITH DIABETES...

Q. Is your diabetes log book Out of Control?

A. If you're like most people, keeping a handwritten diabetes log is a real chore! It's tough to maintain and can be difficult for your doctor or nurse educator to read. Now there's an easy solution to these problems. And you can find the answer by picking up the phone!

Just call us now toll-free. If you hurry, you'll receive a special offer just for calling.

Call 1-800-858-8072



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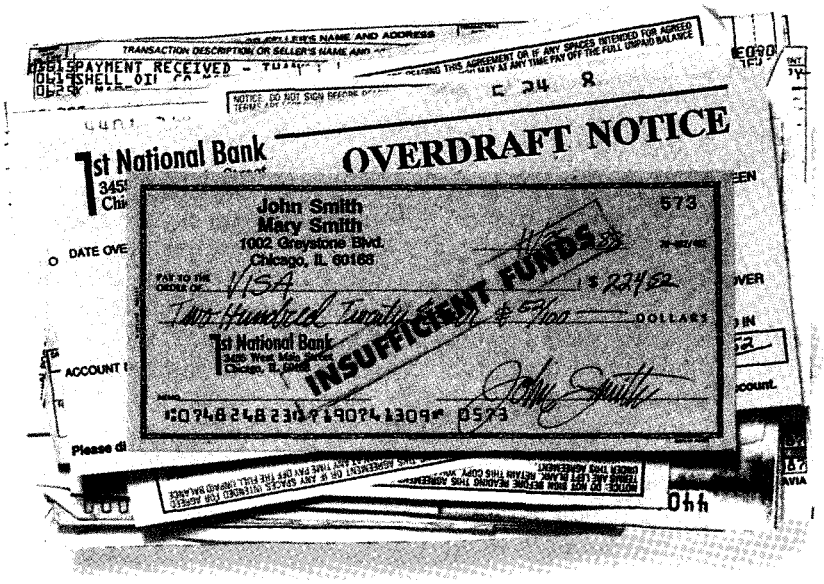
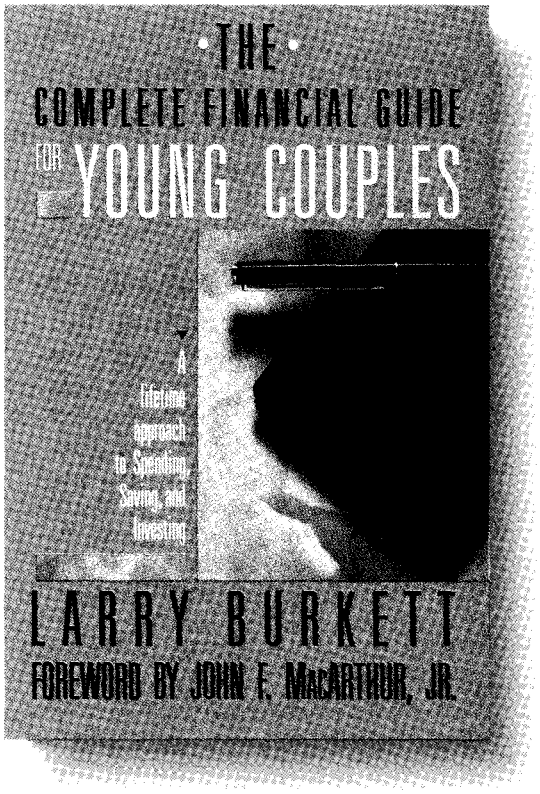
All young couples learn about finances





One way. Or another.

What you're reading on this page may sound too harsh, too frank, too personal. But finances have a peculiar habit of being quite personal.

No young couple can avoid tough financial decisions.

Being in love will not mysteriously pay next month's credit card bill.

The Bible teaches stewardship, not naivete.

All of which means you and every other young couple need to start thinking about short-range goals, long-range goals, insurance, budgets, retirement, investing and proper financial training for your children. Today. Before next month's credit card bill arrives.

One clear, complete guide to educate you and your spouse in these matters is Larry Burkett's new book, *The Complete Financial Guide for Young Couples*. With advice that's solidly based on God's Word, Larry Burkett covers all the financial issues that young couples should be grappling with.

So you can pick up your copy today and learn about financial matters from Larry Burkett. Because you're going to learn about them. One way. Or another.

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THE SATURDAY EVENING POST

FOUNDED A. D. 1728

GEORGE HORACE LORIMER, EDITOR, 1899-1937
BEN HIBBS, EDITOR, 1942-1961
CORY SERVAAS, EDITOR

We Are Vending Addiction To Our Children

About 50 years ago in a small town in Iowa, five youngsters from the least underprivileged, most well-educated families were arrested for climbing up to the town's water tank, breaking into it, and swimming in the community's only water supply. The town invested in a much needed swimming pool, and the offenders grew into civic-minded adults.

It's a given that some kids have always wanted to rebel—it must be an instinct. Perhaps the good Lord made *Homo sapien* adolescents adventuresome and rebellious to ensure that changes would continue to occur on planet earth.

Since we don't want kids to get into serious trouble that requires unthinkable punishment, we were amused to hear about a group of youths who were rebelling for the public good.

This posse of protesters was using glue guns to immobilize unattended cigarette vending machines wherever they were found selling their wares to children.

To check out the problem we visited a few such places, including a laundromat which attracts children from a nearby elementary school with video games, candy vending machines, and Coke machines. Another enticement is an unattended cigarette vending machine. As we watched, an 11- or 12-year-old black youngster bought a nicotine-addictive pack of cigarettes and lighted up. His school is not a busing school. He must walk past this attraction twice a day. It raised our ire!

Do the kids buy the cigarettes to show their ability to break the law that's printed on the outside of the vending equipment? Or can we really expect elementary-school children to read the fine print?

Of course not. Laws should confine cigarette vending machines to bars and other places where children aren't permitted. But time after time such proposed laws are defeated in state legislatures where they are introduced. Is that because the powerful tobacco lobby pours money into campaign coffers?

Do politicians just give lip service to the "smoke-free year 2000" because it prevents them from having to tackle the Tobacco Institute *now*? *The kids we saw becoming addicted will be graduating in the year 2000!*

Former first daughter Amy Carter was arrested for protesting what she perceived as evil. Some kids are little rebels without a cause—dead set on getting into mischief. Others would like to go to jail for doing something for the public good. They're the ones who are gumming up the works in the cigarette vending machines. If a youngster buys a package of cigarettes from a vending machine, he isn't likely to be arrested, but if he then shoots the coin slot of the vending machine full of Elmer's glue in order to be arrested, would the immoral vending-machine merchant get arrested too or lose a license to sell cigarettes?

More Tobacco Billboards for the Poor

A recent *New York Times* article reported an uproar over cigarette billboards in poor areas. A large photo depicted a lithe beauty touting Virginia Slims on a billboard in a Detroit inner-city neighborhood. The *Times* article emphasized that blacks suffer from more tobacco-related illnesses and that far more tobacco billboards appear in their neighborhoods. Little children on their way to school get a message every day that the way to be happy is to smoke cigarettes, according to a congressman who hopes to introduce national legislation aimed at encouraging cities to replace such billboard ads with public health messages. In the meantime, a few impatient protesters are attempting to protect their schoolchildren by defacing the billboards with graffiti of their own.

Red Cross to the Rescue?

A year ago the Presidential Commission on the HIV Epidemic made the following recommendation to the President:

"As soon as is practically possible, but no later than July 1, 1989, agencies which license and certify health care facilities should make a condition for licensure, a program to notify all recipients of blood or blood products since 1977 of their possible exposure to HIV."

They also recommended: "If licensing agencies do not take such immediate steps, Congress should then enact a law that requires it."

The year is up! Yet letters continue to come to us from hapless blood transfusion recipients who have gone from pillar to post getting inappropriate treatment without being given the simple, easy-to-administer, inexpensive AIDS screening test—all because they and their doctor(s) never suspected AIDS. (See page 94.) Or

continued on page 87

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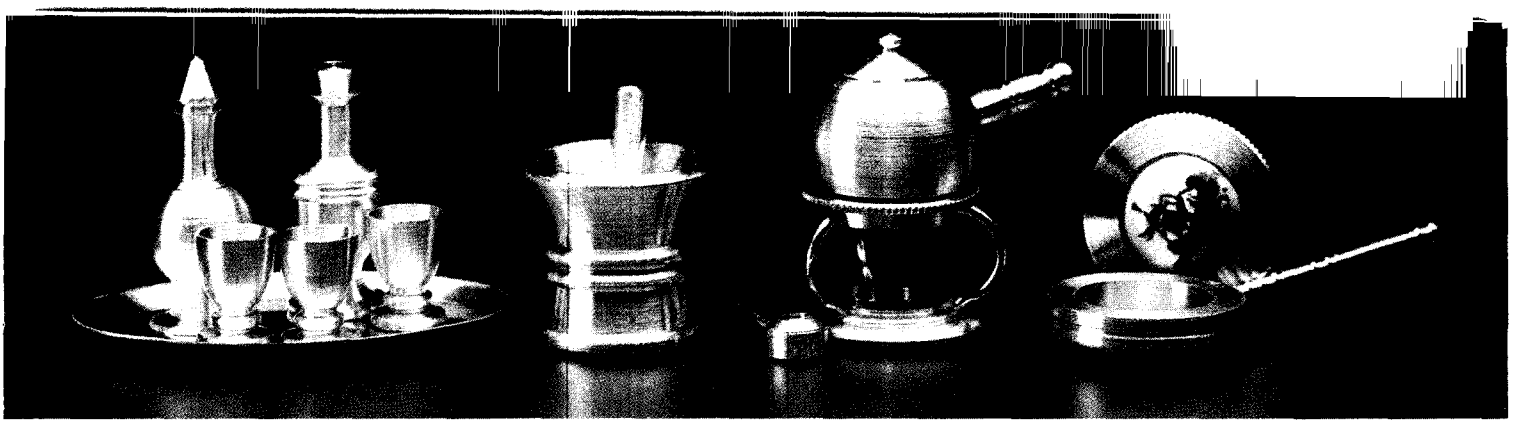


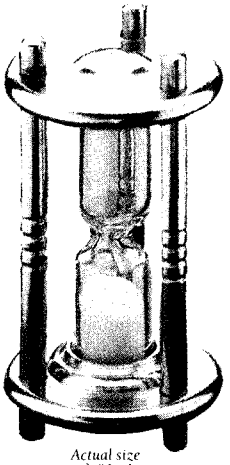
Recapture a time of beauty and grace with European-crafted solid brass miniatures!

It was a time of hourglasses and kerosene lamps...of wood stoves and hand-cranked phonographs...of bedwarmers and coal scuttles — household objects that were as beautiful as they were functional.

Now Hillendale has recaptured the past of our great-grandparents with a heartwarming collection of brass miniatures your family will treasure for generations.

Each Miniature a Conversation Piece!

Here's a living collection meant to be displayed openly...to be held and touched and admired! Sculpted of solid brass, these fascinating replicas are certain to ignite memories and inspire talk of days gone by.



Actual size 1¾" high

Invest in a Treasured Collection!

Each brass replica has been crafted by European artisans with infinite care down to the smallest details, including moving parts! Yet, for all their burnished beauty, the Hillendale Brass Miniatures come to you at a surprisingly affordable price — only $7.47 each, plus delivery!

Prices may be slightly higher in Canada.

FREE WITH YOUR FIRST SHIPMENT!

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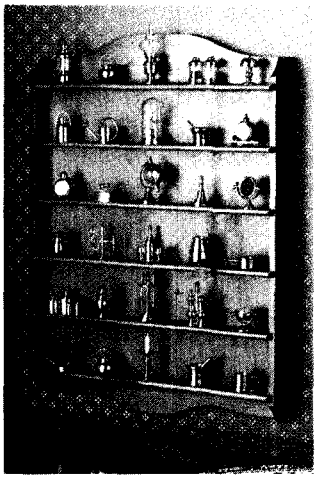

Two Splendid FREE Gifts!

So you can see for yourself the workmanship and value of this unique collection, you'll receive the first miniature — the delightful Hourglass that graced so many oldtime mantle pieces — absolutely free! Yours to keep no matter what you decide about continuing.

And, soon after you've begun your collection, we'll ship you a distinctive open shelved all-wood display case created especially for Hillendale Brass Miniatures. It's yours without charge!

Send No Money Now!

To receive your FREE Hourglass miniature, simply complete and mail the application. There is no obligation — no minimum to buy — and you may cancel at any time.

So why not start a richly satisfying collecting experience right now?

The Hillendale Brass Miniature Collection

Collector's Application

Please enroll me as a Hillendale Brass Miniature Collector and send my FREE Hourglass. Also, send the first regular miniature in the collection for a 15-day trial. If I decide to keep it, I'll pay just $7.47, plus shipping and handling. I'll also be eligible to receive 2 new pieces about every 4 weeks at the same low price, always on trial. There is no minimum number of pieces to accept, and I may cancel at any time.

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PINT-SIZE PETS

Down-sized denizens of the barnyard, field, and jungle are taking up digs in apartments and suburban backyards.

by Ken Wells

Sami Scheuring takes the halter off of Top Banana, her prized eight-year-old stallion, and playfully swats him on the rump. "Look at those lines," Scheuring says as the horse gallops off with the grace of a fleet quarter horse, his head erect, legs flying, tail held aloft like a pennant.

Top Banana isn't technically a quarter horse. But, standing roughly 29 inches high at the shoulder, he is about a quarter the size of his racehorse cousin. Banana, in fact, can claim only a small height advantage on a Doberman pinscher loping along beside him.

Banana is no accident of nature. Rather, the miniature horse is one of a growing number of down-sized denizens of the barnyard, field, or jungle that are marching into suburbs and cities as pets. In variety, miniatures compose a veritable Noah's Ark: horses, donkeys, rabbits, pigs, and even goats.

Big Bunnies Are Out

From a few hundred in 1978, miniature horses now number 28,000 in the United States. The horses, technically no taller than 34 inches from the ground to the bottom of the mane, have their own registry kept by the American Miniature Horse Association. Pedigreed miniature donkeys are kicking up most of the growth these days in the American Donkey and Mule Society. Some 7,500 of them are listed with the Miniature Donkey Registry of the U.S., probably double the number ten years ago.

Knee-high pygmy goats have become so popular as pets that owners formed the National Pygmy Goat Association, which has grown from a dozen members to 1,500 in the past ten years. The goat folks also maintain a registry of pedigreed animals, now numbering about 10,000.

The American Rabbit Breeders Association, the American Kennel Club of the bunny set, says interest in miniature rabbits is so keen that some breeds of larger bunnies have begun to decline sharply in numbers. The hottest rabbit around these days, in fact, is the pocket-size Netherlands dwarf, which weighs only 2.5 pounds fully grown.

Miniature animals, and man's interest in them, are nothing new, though the current mania seems unprecedented. Miniature horses once were the playthings of European monarchs and were used to pull coal cars in the mines of 19th century England. Chinese potbelly pigs, full-grown at 60 pounds, roamed the pig lots of Asian peasants for hundreds of years before recently finding themselves in the carpeted dens of American pet fanciers. The American Kennel Club recognizes 17 breeds of ultrasmall dogs, most of them dating to the turn of the century.

Some people see the current mini-pet craze as a public fascination with ever more exotic animals, combined with a kind of pragmatism of scale. Because they are smaller, miniatures eat less, require less space, and are generally easier to care for than their full-sized counterparts. Many airlines, for example, allow owners to fly their

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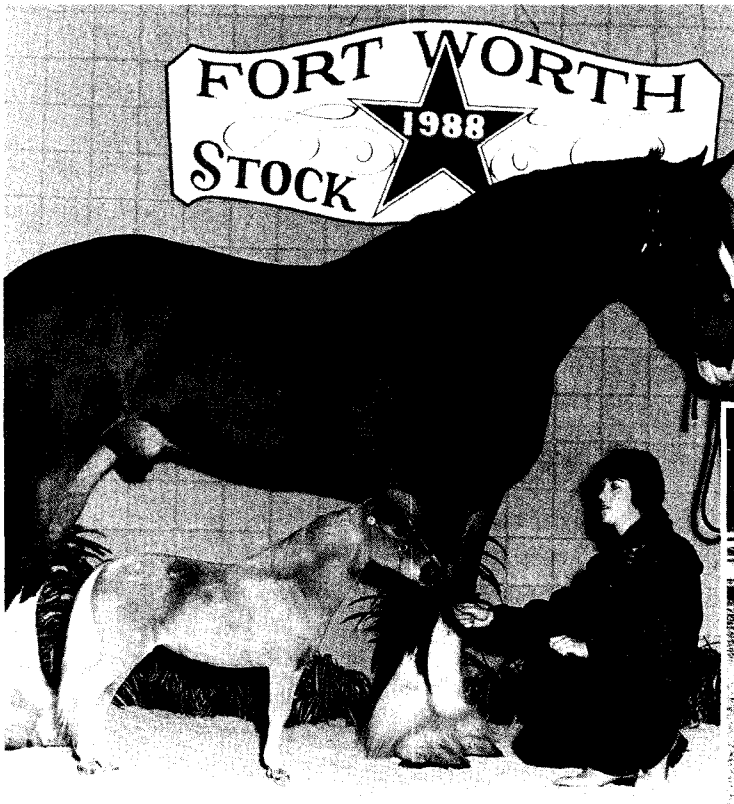

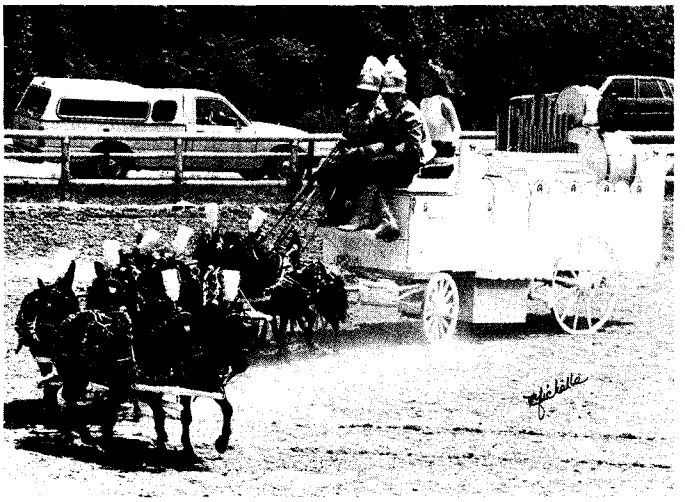

Small horses can fetch large prices on the miniature horse show circuit. Although bred mainly for show, the little critters will pull their own weight when called upon (right).

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miniature horses as excess baggage.

"My miniature horses eat a bale of hay every six weeks," a tenth of what a large horse eats, Sami Scheuring observes. She bought Banana while living in the suburbs of Marin County, California, and was able to accommodate him, and eventually six other miniatures, on a mere 1.5 acres of land. Now, she presides over a 45-acre ranch roamed by 60 miniatures.

Pam Ames manages to support a herd of five pygmy goats in the backyard of her Tucson, Arizona, home. She got interested in goats because she finds them more interesting than dogs or cats: "They'll walk on their hind legs down the driveway. They'll climb trees. I'd have 20 if I could."

Rlyoko Hancock of Pescaderu, California, decided to buy a Chinese potbelly pig after seeing a picture of one: "I said, 'I've got to have one of those little piggies. They look adorable.' " Hancock, who now has six

continued on page 91

What's Bugging Your Pet?

Will fleas be thick or thin this year? It's something all pet lovers would like to know as summer heats up and the perennial pests awaken to a long, hot summer of feeding on household pets. Actually, the fleas aren't asleep; they're waiting in pupal form deep in your carpet and furniture for the right conditions to hatch and mature.

Rumors that last year's drought dealt a death blow to large populations of fleas unfortunately are unfounded, according to Dr. Richard Traub, an expert on fleas and a consultant to the National Institutes of Health. "You cannot forecast fleas based upon the weather," Dr. Traub says. Precisely, because cat fleas (or *Ctenocephalides felis,* the most common flea that attacks pets) live indoors. Nevertheless, Dr. Traub has made a prediction. "There will be plenty of fleas to go around this year," he says, "I can assure you."

Giving fleas the brush-off is not easy, Dr. Traub says. Most people forget that fleas have a caterpillar stage. You can't just spray with an insecticide once and be done with it.

A pet owner's best method of attack is to spray with an insecticide to do away with adult fleas and also with an insect growth regulator. The latter sprays now on the market are nontoxic, even to fleas. They contain a hormone imitator that prevents juvenile fleas from becoming blood-sucking adults. Steam cleaning carpets and furniture may also help by killing insect larvae, but such cleaning isn't likely to reach every crack or crevice where fleas may be hiding.

Cat fleas, at home on a variety of host animals, proliferate best among litters of kittens or puppies that haven't learned how to groom. Infested litter sites can transfer fleas to any pet that happens by.

Because fleas multiply quickly, minor infestations are certain to become worse, and fleas should be taken seriously. They can cause flea-bite-allergy dermatitis, a severe reaction in flea-sensitive pets that leads to open sores and infections. Cat fleas also carry tapeworms and murine typhus and have been implicated in some outbreaks of bubonic plague. Recently, cat fleas have also been suspected of transferring Lyme disease, which previously was thought to be carried only by ticks.

The one good thing about cat fleas is they recede during cold weather, but don't bother trying to get rid of them simply by turning up the air conditioner. Dr. Turner says, "That would probably just make them more comfortable."

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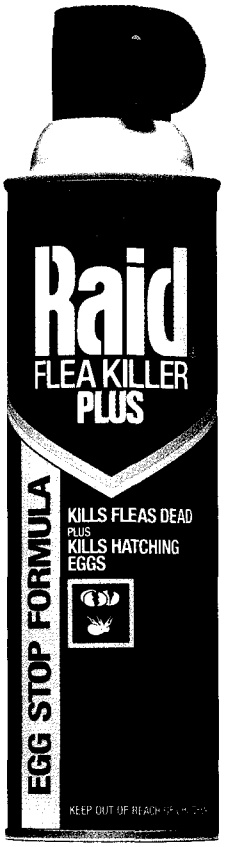

Kill tomorrow's fleas today.

Raid Flea Killer Plus has the long-lasting Plus no regular flea killer's got. The Plus that kills the hatching eggs other sprays leave behind. And that kills the chance of more fleas tomorrow.

NOBODY DOES IT DEADER.

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HEARTBEAT

The Healthy Heart Report

TAKING OAT BRAN TO HEART

No matter how low your cholesterol level, if you eat too much saturated fat and too little dietary fiber you can develop heart disease.

by James W. Anderson, M.D.

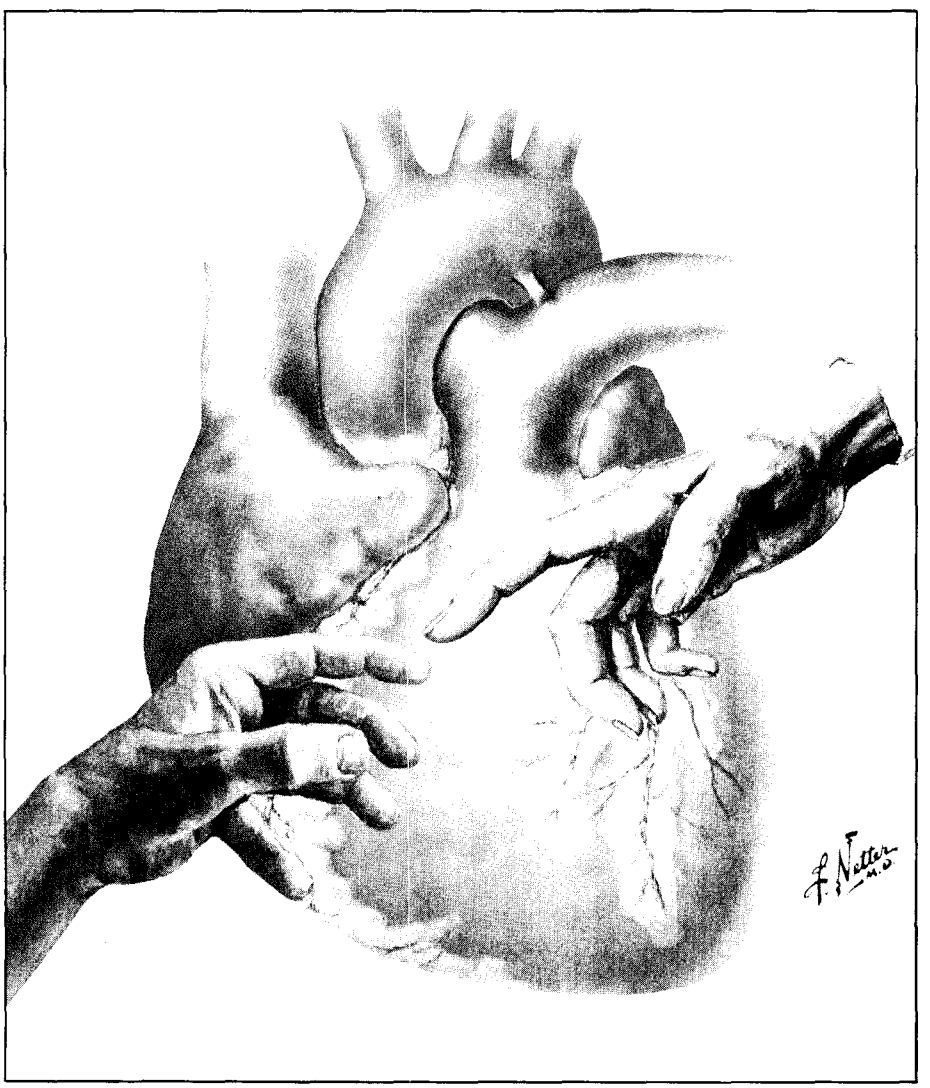
If you're obese, losing even 10 percent of your body weight can significantly improve your health. If you weigh 250 pounds, for example, losing 25 pounds may significantly reduce your risk of developing heart disease, stroke, cancer, and diabetes.

When we started using diets high in carbohydrate and fiber for diabetes, high blood fats, and other conditions, we found that some people lost weight without really trying. Often they had trouble eating enough calories to maintain their weight. Spouses reported that they lost weight too.

A high-carbohydrate, high-fiber, and low-fat diet promotes weight loss and maintenance for several reasons. Pure carbohydrate and pure protein each provide four calories per gram (a unit of weight). Pure fat provides nine calories per gram, and pure alcohol provides seven calories per gram. Therefore, high-fat foods usually contain over twice the calories per equal weight than high-carbohydrate foods do. If you avoid potatoes, rice, peas, bread, and other high-starch foods because you think these foods are fattening, you are wrong.

In general, to lose one to two pounds per week you need to cut 500 to 1,000 calories daily from your current diet. Mild to moderately overweight women usually lose weight on 1,000 to 1,200 calories daily. Mild to moderately overweight men usually lose weight on 1,200 to 1,600 calories each day.

The best way to lose weight is gradually. However, people with large amounts of weight to lose can become discouraged with slow weight loss. If you need to lose more than 70 to 80 pounds or have health conditions that require quick weight loss, you might



That 75 percent of all heart disease and strokes are preventable is a fact of life to Dr. James Anderson. Many of his patients have succeeded in lowering cholesterol and shedding pounds through low-fat, high-fiber diets. Even with a family history of heart disease, you can beat the odds by following some simple dietary and lifestyle guidelines.

Post *editors' admiration for Dr. Jim Anderson goes back ten years. His work was the genesis of our article "To Bypass or Not to Bypass" in 1980. He was a pioneer in treating diabetes with the high-complex carbohydrate and high-fiber, low-fat diet (HCF). He urged diabetologists throughout the world to accept his HCF diet in lieu of the high-protein diet. Dr. Anderson began his career as a biochemist, and we first met him at an international convention of chemists. He is on the faculty of the University of Kentucky School of Medicine.*

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benefit from a more restricted diet of less than 1,000 calories daily. Your doctor or dietitian should instruct you on such a diet, which usually requires weekly medical supervision.

We began studying diets high in carbohydrate and fiber and low in fat (HCF diets) for people with diabetes in 1974. We soon discovered that these diets also lowered blood fats significantly, promoted weight loss, and decreased blood pressure. I started such a diet for myself and lowered my own cholesterol level from 285 mg/dl to 175 mg/dl.

Since 1974, experience with hundreds of people has shown eating the HCF way lowers blood cholesterol levels an average of 20 to 30 percent and blood triglyceride levels 15 to 60 percent, depending on initial levels. HCF eating also lowers blood pressure about 10 percent in people with high blood pressure. Many people on an HCF eating plan lose weight without really trying.

When you try to change one aspect of your diet, other aspects will automatically change in the right direction. Eating less fat usually means eating less cholesterol and eating more carbohydrate. Adding fiber to your diet increases your carbohydrate intake and lowers your fat intake.

Many studies show that groups of people who eat high-fiber diets have a very low rate of heart disease. The typical American male eats about 18 grams of fiber daily, and the typical American female, about 13 grams. Many U.S. health organizations now recommend a fiber intake of more than double this amount. A regular high carbohydrate and fiber plan provides about 25 grams of fiber per 1,000 calories eaten, or about 50 grams of fiber daily.

To increase your soluble fiber intake, eat more dried beans and peas, oat products, and fruits. We suggest including at least ten grams of soluble fiber in your diet daily. To give you an idea of the amounts involved: one-half cup of dry oat bran contains three grams of soluble fiber, and one-half cup of cooked beans contains two grams of soluble fiber.

As a general rule, including one bowl of oat cereal and two oat-bran muffins, one-half to one cup cooked dried beans or peas, or a combination of these foods daily will ensure adequate soluble fiber intake. This assumes you use mostly whole grains and eat at least three servings each of fresh fruits and vegetables daily. Oat cereals include oatmeal, hot oat-bran cereal, oat-bran flake cereals, or any other dry unsweetened oat cereals that list oats or oat bran as one of the first ingredients.

Perhaps you already have heart disease. Or perhaps you stand a much greater chance of developing heart disease because of a strong family history or other risk factors present. At your doctor's discretion, you may benefit from following a more aggressive HCF nutrition plan.

The aggressive plan specifies a fiber intake of 70 grams daily, or 35 grams for every 1,000 calories eaten. Soluble fiber accounts for about one-third of total fiber intake. To achieve this high fiber intake, you will probably need to use a product concentrated in fiber in addition to eating high-fiber foods.

When you think of protein foods, you probably think of beef, pork, chicken, fish, and perhaps eggs or milk. These foods are excellent sources of high-quality protein, but they are not the only sources. Grains, nuts, seeds, and dried beans, for example, contain as much as two to three ounces of meat. To get 65 percent of your calories from carbohydrate and still get adequate protein, you will probably need to make greater use of these vegetable proteins. Vegetable proteins contain no cholesterol, and with the exception of nuts and seeds, they also contain little fat.

Combining vegetable proteins or combining a vegetable protein with a small amount of animal protein yields a high-quality protein. Pasta and kidney beans, chickpeas and sesame seeds, peanut butter on crackers, low-fat cheese on bread, or skim milk on cereal are all examples of combinations that yield complete, high-quality protein.

To increase fiber intake from food in your basic diet, use such whole-grain cereal products as whole-wheat or pumpernickel bread, brown rice, or whole-grain breakfast cereals. Dried beans and peas are also high in fiber and are a good protein source.

In addition to the basic diet, we recommend psyllium and oat bran. Take two doses of psyllium, found in sugar-free Metamucil or Fiberall.

DESIRABLE WEIGHTS FOR WOMEN, AGES 25 AND OLDER, ACCORDING TO HEIGHT AND FRAME*

Women: Weight in Pounds (indoor clothing)

Height (in shoes)**	Small Frame	Medium Frame	Large Frame
4'10"	92-98	96-107	104-119
4'11"	94-101	98-110	106-122
5'0"	96-104	101-113	109-125
5'1"	99-107	104-116	112-128
5'2"	102-110	107-119	115-131
5'3"	105-113	110-122	118-134
5'4"	108-116	113-126	121-138
5'5"	111-119	116-130	125-142
5'6"	114-123	120-135	129-146
5'7"	118-127	124-139	133-150
5'8"	122-131	128-143	137-154
5'9"	126-135	132-147	141-158
5'10"	130-140	136-151	145-163
5'11"	134-144	140-155	149-168
6'0"	138-148	144-159	153-173

* *Prepared by the Metropolitan Life Insurance Company. Derived primarily from data of the Build and Blood Pressure Study, 1959, Society of Actuaries.*
** *Allow 2" heels for women's shoes.*

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Many symptoms of aging are really symptoms of lack of exercise.

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HEARTBEAT

Also eat one pound (dry weight) of oat bran weekly, or about two ounces (⅔ cup) daily. Eating at least two oat-bran muffins and one serving of oat-bran cereal daily, for example, will provide this amount. Oat bran can be used in the form of hot oat-bran cereal or incorporated into muffins, breads, soups, stews, and casseroles.

To keep total fat intake to 20 percent or less of calories, you will need to use only the leanest meats, limit red meat to two to three times weekly, remove all skin from poultry before cooking, and use small portions. You will also need to choose mostly non-fat dairy products, such as skim milk, and use no more than two to four teaspoons of added fat daily.

Added fat should come mainly from plant oils and products using liquid plant oils. Corn, soybean, safflower, sunflower, and sesame oils all contain mostly polyunsaturated fat and are good oil choices. Use soft or liquid margarines with these oils listed as the first ingredient.

Avoid palm, palm kernel, and coconut oils, which are more saturated than unsaturated. Also avoid any product with a hydrogenated plant oil listed in the first few ingredients.

New research shows monounsaturated fats also help lower blood fat levels. Populations who eat large quantities of such monounsaturated fats as olive oil have low blood cholesterol levels and low rates of heart disease. Of your added fat, up to one-half of it can come from such monounsaturated fats as olive, avocado, or canola oil.

Canola oil, a new type of oil from a plant called rapeseed, is marketed in the United States under the brand name Puritan oil. Besides being high in monounsaturated fat, canola oil contains a type of fat called omega-3, which also helps lower blood fats. Try to eat fish at least twice weekly, emphasizing those high in omega-3 fats to reduce blood fat levels.

Once you become familiar with such a diet plan, you won't need to spend any more time in food preparation than you do now. You'll probably save money on your food bills as well, because such foods as dried beans and peas, most cereals, and breads are relatively inexpensive.

Editor's note: For information about obtaining copies of Dr. Anderson's many papers and books, write: The HCF Nutrition Research Foundation, Box 22124, Lexington, KY 40522.

DESIRABLE WEIGHTS FOR MEN, AGES 25 AND OLDER, ACCORDING TO HEIGHT AND FRAME*

Men: Weight in Pounds (indoor clothing)

Height (in shoes)**	Small Frame	Medium Frame	Large Frame
5'2"	112-120	118-129	126-141
5'3"	115-123	121-133	129-144
5'4"	118-126	124-136	132-148
5'5"	121-129	127-139	135-152
5'6"	124-133	130-143	138-156
5'7"	128-137	134-147	142-161
5'8"	132-141	138-152	147-166
5'9"	136-145	142-156	151-170
5'10"	140-150	146-160	155-174
5'11"	144-154	150-165	159-179
6'0"	148-158	154-170	164-184
6'1"	152-162	158-175	168-189
6'2"	156-167	162-180	173-194
6'3"	160-171	167-185	178-199
6'4"	164-175	172-190	182-204

* *Prepared by the Metropolitan Life Insurance Company. Derived primarily from data of the Build and Blood Pressure Study, 1959, Society of Actuaries.*
** *Allow 1" heels for men's shoes.*

Best of all, you and your family will enjoy better health and well-being.

Red Bean Lasagne
(Makes 8 servings)

1 large onion, chopped
2 medium carrots, chopped
1 clove garlic, minced
2 tablespoons canola oil
1 can (16 oz.) tomatoes, cut up
1 can (16 oz.) red beans, drained
¼ cup snipped parsley
1 teaspoon dried crushed oregano
1 teaspoon dried crushed basil
1 teaspoon salt, if desired
10 ounces frozen spinach, thawed
2 cups sliced fresh mushrooms
1 egg substitute
1 cup (4 oz.) shredded mozzarella cheese
1½ cups drained low-fat cottage cheese
¼ cup grated Parmesan cheese
3 tablespoons parsley
6 lasagne noodles, cooked

Cook onion, carrots, and garlic in oil. Add undrained tomatoes, beans, sugar, ¼ cup parsley, oregano, basil, and salt. Bring to boiling. Cover; simmer 15 minutes. Mash beans slightly. Add spinach and mushrooms; simmer, uncovered, 15 minutes. Combine egg substitute, half of mozzarella cheese, cottage cheese, Parmesan cheese, and 3 tablespoons parsley.

Spread ½ cup bean mixture in 10" x 6" x 2" dish. Arrange two noodles atop. Spread with ⅓ cheese mixture, then ⅓ remaining bean mixture. Repeat layers twice. Bake, covered, in 375° F. oven 40 minutes. Top with remaining cheese. Bake 5 minutes more, uncovered.

Turkey Burger
(Makes 8 2-ounce burgers)

⅓ cup oat bran
1 pound ground lean turkey
Pepper and garlic powder to taste

Mix oat bran with ground turkey to a consistency at which burgers will hold their shape. Mix seasonings in while shaping patties. Portion patties to desired weight. There should be little shrinkage in cooking. Grill or cook in heavy skillet, using vegetable spray. Serve on toasted English muffin with tomato, onion, and lettuce.

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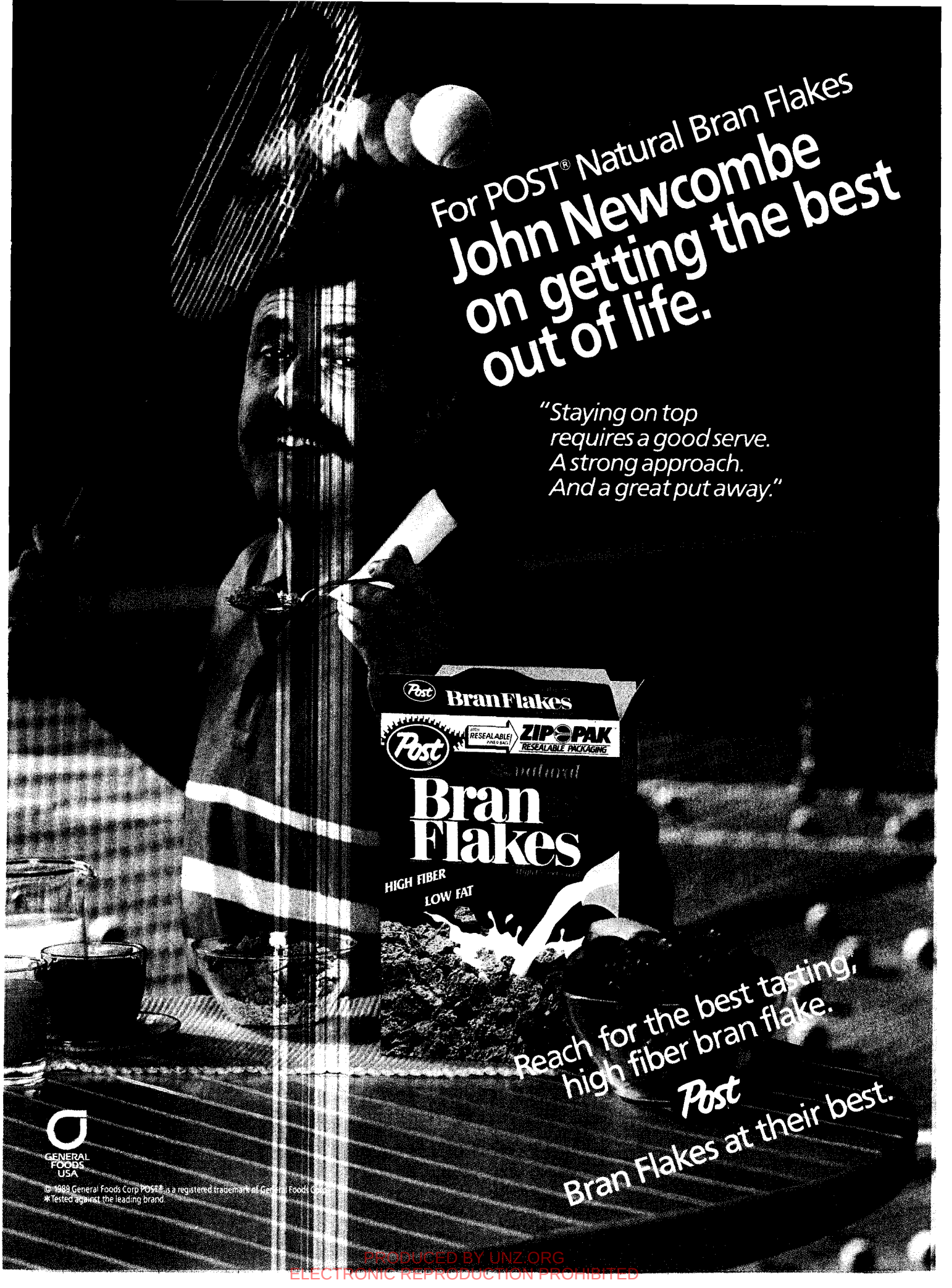

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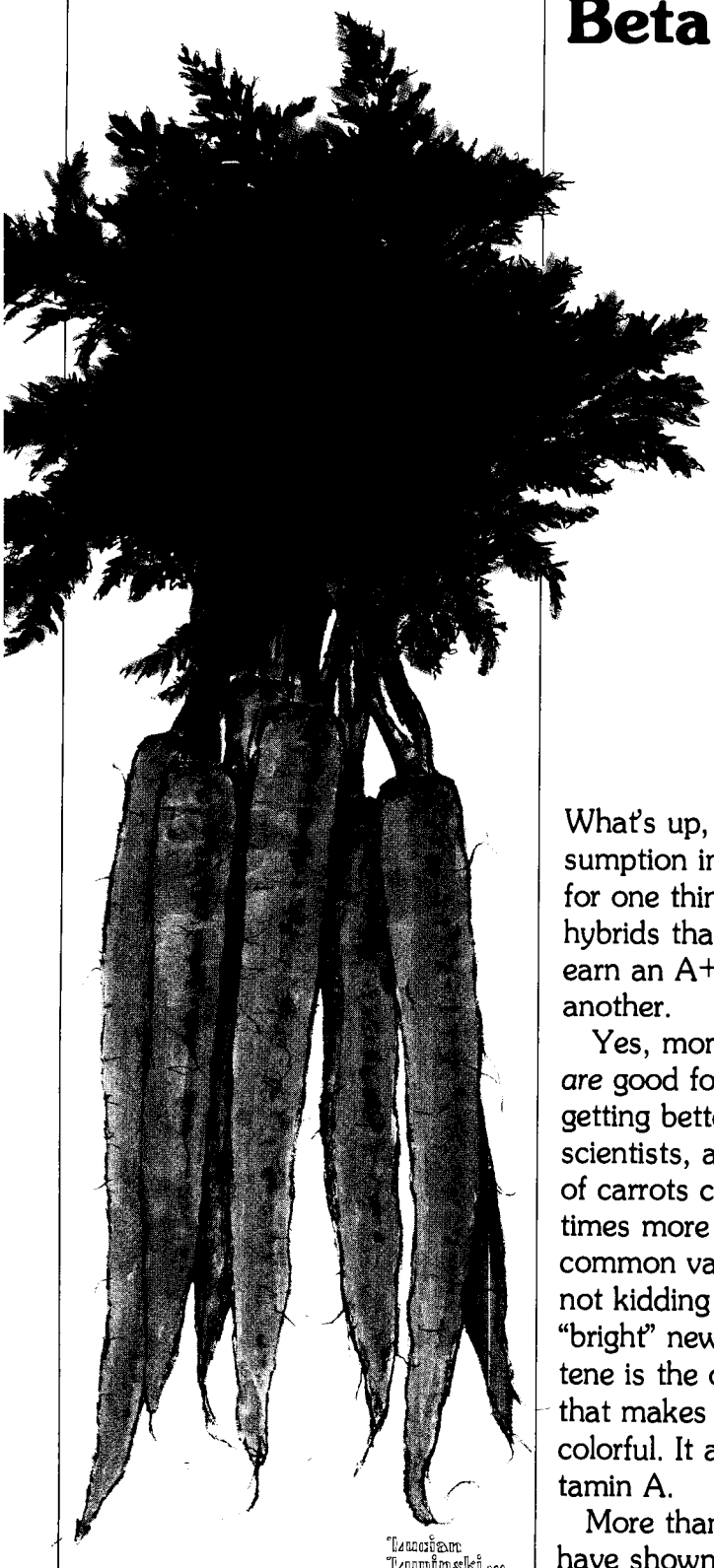
New Super Carrots with Three to Five Times As Much Beta Carotene



What's up, Doc? Carrot consumption in the United States, for one thing. Super carrot hybrids that taste better and earn an A+ for nutrition, for another.

Yes, mom was right: Carrots *are* good for you, and they're getting better. Thanks to plant scientists, a bright new breed of carrots contains three to five times more beta carotene than common varieties. And we're not kidding when we say a "bright" new breed. Beta carotene is the orangy-red pigment that makes these veggies so colorful. It also converts to vitamin A.

More than 300 studies . . . have shown that vitamin A and its precursor, beta carotene, seem to inhibit the development of cancer in animals, and some studies have suggested that the same may be true for humans. . . .

A deficiency of vitamin A can cause eye problems and all sorts of contagious diseases. Just like mom said.

How much vitamin A is enough to take you out of the milquetoast set and put you among the Arnold Schwarzeneggers? An adult has to eat 3.5 ounces (100 grams) of common carrots to reach the recommended dietary allowance. But just one ounce of the new hybrid carrot will equal the same amount.

Can you get too much of a good thing? When it comes to the carotene in carrots it's not toxic . . . proving again that mother knows best.

And speaking of mom, let's talk about your family. Are *they* getting enough vitamin A? If they're not, we'd like to send you a packet of super carotene carrot seeds with your renewal or subscription to the *Post*. As they grow, your family can enjoy the *Post*. Each issue addresses health and medical matters, as well as such subjects as home repair, personal finances, religion, education, and travel.

One more gift from us to you: Sample these recipes that have been developed in our test kitchens by our Saturday Evening Post test team.

Send in your subscription today and give our carrots a try.

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Marinated Carrots
(Makes 8 servings)

1 can tomato soup
1½ teaspoons hot Tabasco
¼ cup canola oil
½ cup honey
¾ cup apple-cider vinegar
1 teaspoon dry mustard or prepared mustard
2 pounds cooked carrots (do not overcook)
1 medium bell pepper, sliced or slivered raw
1 medium onion, sliced

Whip all marinade ingredients well. Drop pepper and onion slices into marinade. Pour marinade over drained, slightly cooked, sliced carrots. Place in refrigerator. Chill for 8-12 hours before serving. Will keep up to three weeks in refrigerator (if you can keep them that long).

Carrots and Snow Peas
(Makes 4 servings)

½ pound snow peas
2 large fresh carrots
2 tablespoons sesame oil
Salt substitute or vegetable seasoning, if desired
Freshly ground black pepper

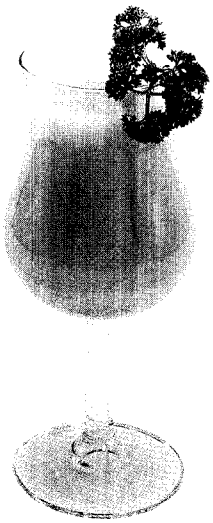
Trim peas. Peel carrots, cut into 2½" lengths, and julienne by hand or in food processor.

Bring pan of water to full boil. Throw in peas and count to ten. Retrieve peas with slotted spoon and transfer to bowl of ice water.

Add julienne carrots to same pan, and when water returns to boil, cook 1-2 minutes. Transfer to another bowl of ice water. Drain both vegetables well. (This can be done in advance.)

Just before serving, heat oil in a large skillet or wok. Add vegetables and cook, tossing frequently for 2 minutes or until heated through. Season and serve in heated vegetable dish.

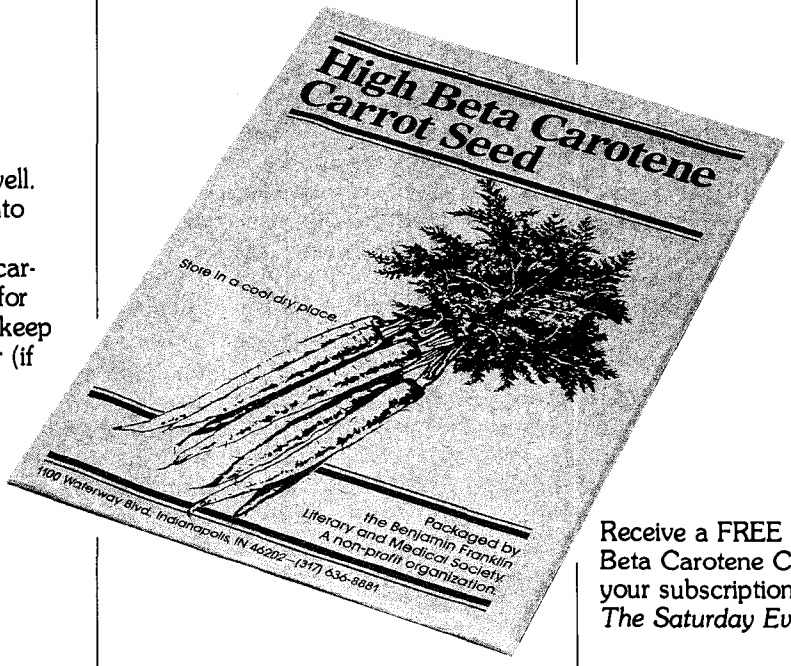
For a healthy snack try a glass of carrot juice.



Carrot Soup
(Makes 6 servings)

1 small onion
2 small shallots
1 bay leaf
2 tablespoons olive oil
1 pound peeled and roughly chopped carrots
4-6 cups chicken stock
Ground pepper
¼ teaspoon thyme
Grated orange peel
Parsley

Sweat chopped onions and shallots with bay leaf and olive oil in heavy lidded pan over low heat. Add carrots, chicken stock, pepper, and thyme; bring to boil and cook until tender. Purée in blender. Add more chicken stock if needed. Flavor with orange peel and garnish with parsley. May be served hot or cold.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"VISIONARY" CARROTS TAKE ROOT

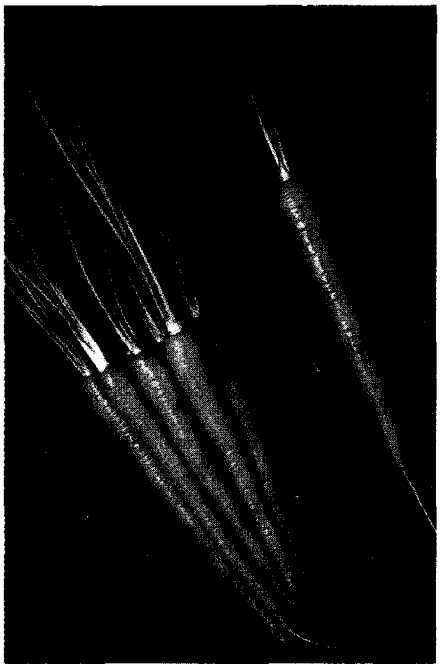
"Eat your carrots," many a mother has admonished her child. "They're good for your eyes."

Mom was—and is—right. They are.

Shortly after the discovery of vitamin A in 1913, scientists determined that carrots were a good source of the vitamin. Later they learned that lack of vitamin A was the major cause of night blindness, damage to eye tissues, blindness, and even death, particularly in children.

The World Health Organization (WHO) estimates that 500,000 children around the world become partially or totally blind every year because of vitamin A deficiency. The problem is particularly acute where rice, which contains no vitamin A, is a dietary staple.

But a new carrot, Beta III, could change that. Beta III contains three to five times the beta carotene found in carrots we eat today. Carotene, the pigment that gives carrots their color, is converted by the lining of the intestine into vitamin A. Of all carotenes, beta-carotene conversion produces the greatest amount of vitamin A.



Nothing new under the sun? The fiery Beta III "super carrot" is earning A-plus marks in early field tests. The new variety contains three to five times the beta carotene of more common breeds.

Because of the high incidence of blindness and other vitamin A deficiency-related problems in underdeveloped countries, Beta III seed is being given to them, free of charge.

Louis Pasteur once said, "Chance favors the prepared mind," and that is what occurred for geneticist Phillip W. Simon, Ph.D., and horticulturist Clinton E. Peterson, Ph.D. (deceased), United States Department of Agriculture (USDA) scientists at the Vegetable Crops Research Lab, University of Wisconsin, in 1983.

"Initial research was directed to developing a carrot that was resistant to leaf blight fungi," Simon says. "We crossed a Japanese carrot with a U.S. carrot. The result was a carrot that we conservatively estimated contained three times the beta carotene of typical carrots."

According to Simon, the new carrot, Beta III, marked a unique genetic selection, because its carotene level was far higher than that of either of its parents. "Because of its appearance, Beta III seemed to have little commercial appeal," Simon says, "but we immediately realized its potential for relief of vitamin A deficiency."

Following additional field studies in California and Florida, USDA released Beta III seed to seedsmen and breeders for further trials in 1986. Simon sent samples to researchers in Kenya, Nigeria, India, Nepal, Indonesia, and the Philippines for evaluation. Beta III seed was made available to any seed company that wanted some.

Prior to his death, Peterson contacted Asgrow Seed Company in Kalamazoo, Michigan, a worldwide producer of commercial vegetable seed, and emphasized the value of Beta III in reducing vitamin A deficiency. He also sought Asgrow's help in getting more of the seed produced and assistance in testing it around the world.

"We were interested in Beta III because Asgrow is continually improving the nutritional value of its vegetable varieties," Asgrow's president, Giuseppe Chicco, says. "We began producing Beta III seed for sampling purposes and arranged testing in various countries through charitable organizations."

Keith P. West, Jr., Dr. P.H., R.D., an assistant professor at the Dana Center for Preventive Ophthalmology of Johns Hopkins University and WHO's Collaborative Centre for the Prevention of Blindness and Vitamin A Deficiency, examined Beta III from the standpoint of children's requirements for vitamin A.

In a report to Asgrow, West stated, "The Beta III may be considered a wonder food in terms of vitamin A content."

West pointed out that one two-ounce Beta III carrot provides four to five times the recommended dietary allowance (RDA) for vitamin A for American children one to six years of age. "This means that a child need only eat one-fourth of a cooked [Beta III] carrot each day to satisfy his full day's vitamin A allowance," he stated.

News of Beta III spread through scientific publications and conferences on vitamin A in the United States and Ethiopia, and the carrots gathered converts each step of the way. Disciples contacted numerous embassies, government agencies, and charitable organizations.

"More than 40 organizations, a Who's Who of charitable groups, have requested Beta III seed," Chicco says. "More than 30 countries in Central and South America, the West Indies, Asia, and Africa have received Beta III seed for planting."

The National Research Council recently reported studies suggesting that carotene also may reduce the risk of certain cancers. Dr. Simon continues his work and has developed carrot breeding stock with seven times the carotene of today's carrots. Eventually, Asgrow plans to market high-vitamin-A carrots under the Vita-Bunch label so consumers can distinguish them from other types.

The last chapter in the story of the Beta III carrot and its offspring is yet to be written.

The SatEvePost Society arranged with Asgrow to make the seed available to our supporters (see page 88). Directions for growing the carrots and an account of the charitable organizations helping make this product available for children everywhere will be included with the packages. The carrots need 90 days of growth from planting to harvest. This will allow sufficient time in many areas to sow a crop for a 1989 harvest.

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A BORN-AGAIN NONSMOKER

He argued for just one petit corona after dinner, but the voice from on high boomed, "Nonnegotiable."

by Art Buchwald

When someone gives up smoking he or she wants the whole world to hear about it. I know you weren't ready for this, dear reader, but I have given up cigars. I am a born-again nonsmoker—a confessed sinner who can now walk into any crowded room without stinking up the joint.

Don't go away. I want to tell you the story of my conversion. It doesn't do any good to stop smoking if no one will listen to how you did it.

First, I have to give credit where credit is due. I couldn't have done it alone. I got some help from that Big Nonsmoker in the sky.

It all began six months ago when, after lighting up one of the six or seven cigars I smoked every day, I suddenly heard loud coughing in the heavens. Then a thundering voice boomed, *"Put out that d— cigar."*

I didn't pay any attention because I was sure He wasn't talking to me. After all, I had been smoking for over 40 years, and He never raised any objections before. So I continued for another week. Then my chest started to feel lousy and I became hoarse.

I looked up and said, "What's going on?"

The voice came down and said, *"I thought I made myself clear. What kind of message do I have to send you?"*

"O.K.," I said. "I'm willing to deal. Let's just say I cut down to two or three cigars a day?"

"The number is nonnegotiable," the voice boomed.

"How about one petit corona after dinner?" I said.

"Don't you understand English?" the voice said. To make His point He shoved a hot coal down my throat,

Diana Walker

and I started to gasp for air.

Yes, He was responsible for my quitting, but He didn't give me *that* much help once I gave it up.

After I went cold turkey I had to face the prospect of earning a living. I could smoke a cigar without writing, but I couldn't write without smoking a cigar. In the beginning I just stared at the paper.

To get going I tried such typing exercises as "Now is the time for all good men . . . for all good men . . . for all good men . . . for all good men to light up a Monte Cristo Havana No. 3."

My mind would work in curious ways. I would want to write about the MX missile system, and the only thing that came out was "Puff the Magic Dragon." The song "Smoke Gets in Your Eyes" droned in my head, and the Marlboro Man kept riding across my computer screen.

Finally, in desperation, I looked up to the heavens and said, "How long do you expect me to keep this up?"

Then the voice came down, *"Try chewing gum."*

I was skeptical, but the first time I shoved a stick of gum in my mouth it worked. I found out if you have to keep moving your jaws all the time, you don't miss having a wet stogie between your lips.

Well, it's been all uphill since then. After my decompression period I discovered the beautiful world of nonsmoking. My lungs are now getting all the oxygen they so richly deserve, and my brain cells seem to be relieved they don't have to absorb soot from morning until night.

What is even better is I am now a member of that band of brothers and sisters who can walk into a restaurant or get on an airplane and say loudly to the hostess, "No-smoking section, please!"

I admit that like all born-again nonsmokers I look down on those who are still hooked. I don't get angry with them but I do something even worse to them. I bore them. I tell them my story from beginning to end—how I was once a seven-a-day Dunhill man, but through the intervention of a higher spirit became a six-pack Doublemint gum fan.

Then I warn them that we nonsmokers not only consider ourselves holier than they, but believe we have a mission to convert all smokers or persecute them until we drive the tobacco demons from their souls.

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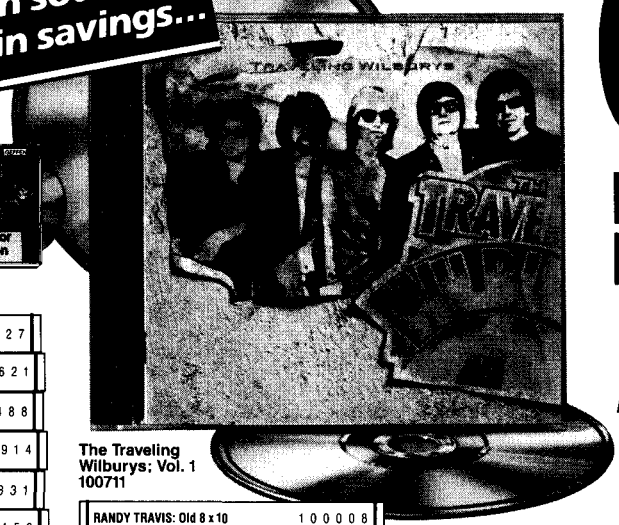

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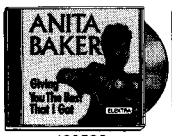

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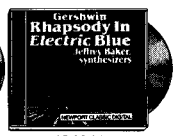

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BASEBALL'S CLOSEST CALLS

To celebrate baseball's 150th year, the Post *goes to the ball park with the legendary sportswriters Bozeman Bulger, "Bullet Joe" Bush, Ford C. Frick, and Connie Mack.*

by Maynard Good Stoddard

It may or may not be true that today's baseball pitchers have become so affluent that one manager phoning his bullpen got an answering service. What *is* true is that the game has come a long way since soldiers began "playing at base" in the Continental Army camp at Valley Forge in 1778. Fortunately, baseball has also progressed from the English game of "rounders," in which an opposing player put out a base runner by hitting him with the ball. When a runner was "picked off" base in those days, he often was also picked up and carried off the field, depending upon where the ball had hit him.

Then, in 1839, at Cooperstown, New York, along came Abner Doubleday, a Civil War general, who devised the game of baseball with its name and modern attributes. As recorded in early *Saturday Evening Post* articles written by authorities on the game, however, baseball in those early days was not all grand slams in the bottom of the ninth. Connie Mack, a player and later a Philly manager, graphically portrayed those former days in a 1936 *Post* article he accurately titled "The Bad Old Days."

"Baseball was mighty glamorous and exciting to me," he wrote, "but there is no use in blinking at the fact that at that time the game was thought by solid, respectable people, to be only one degree above grand larceny, arson and mayhem, and those who engaged in it were beneath the notice of decent society. The late A.G. Spalding estimated that about 5 percent of the players were crooks. To quote Spalding, 'Not an important game was played on any grounds where pools on the game were not sold. A few players became so corrupt that nobody could be certain whether the issue of any game in which they participated would be determined on its merits. Liquor selling, either on the grounds or in close proximity thereto, was so general as to make scenes of drunkenness and riot everyday occurrences, not only among spectators but now and then among the players themselves. Almost every team had its "lushers," and a game whose spectators consisted for the most part of gamblers, rowdies and their natural associates could not attract honest men or decent women to its exhibitions.'

"And yet this was the game," Mack explained, "in which I had decided to attach myself, for better or for worse. Looking back at it, I can see every reason why I should not have taken the jump and only one reason why I did. Of course, I have made my living out of it, but more important than this, I love the game."

It had to be love, because Connie Mack's first professional baseball salary was "a noble ninety dollars a month." He was later sold, with four other players, for $3,500 for all five, a big amount for talent in those days, as he recalls. And then there was the game itself:

"The catcher took the ball on the bounce even when I came to the Washington club," he explained. "The pitcher was 45 feet from the batter, and the pitcher's box was 5½ feet long and 4 feet wide, instead of being a rubber block, as it is today. The pitcher would turn his back and take a hop, step and a jump, swinging his arm in a wide circle and letting the ball go with his hand below his hip, in a sort of underhand delivery. But from 45 feet away that ball came mighty fast, especially with all of the momentum worked up by the hop, step and jump behind it. The fielders were still catching them meat-handed. They

On baseball's 100th anniversary, Norman Rockwell recalled the years when be-suited umps watched closely behind mustachioed pitchers.

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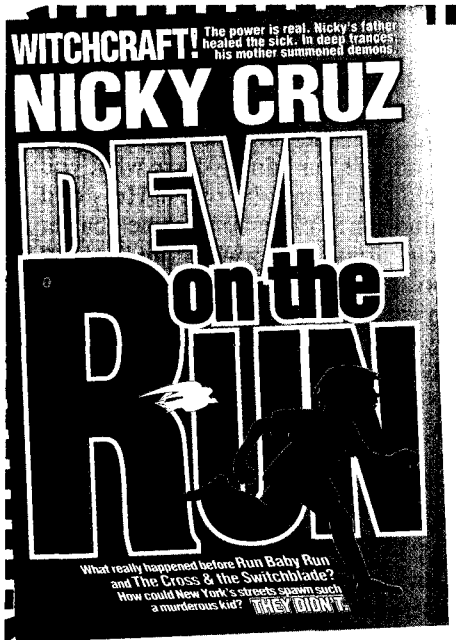
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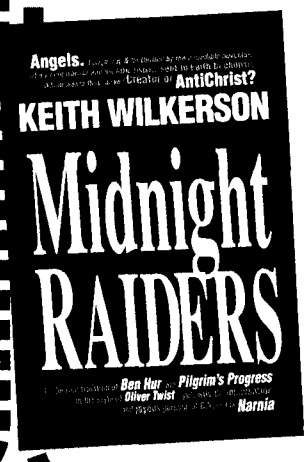

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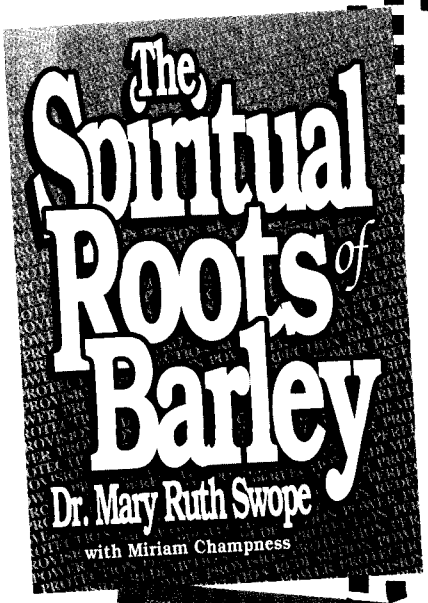

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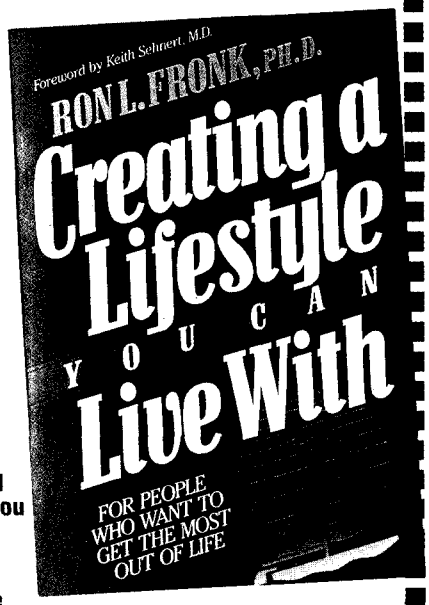
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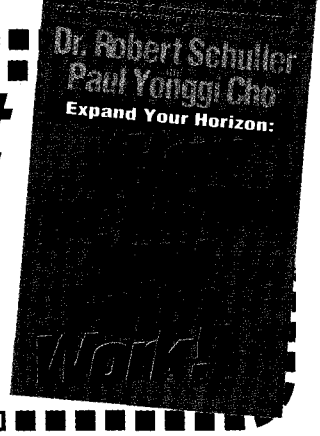

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"Most people who like baseball do not like umpires."—Ford C. Frick, president of the National League (*SatEvePost* 1935).

never could get Bid Pteffer, Cincinnati second baseman, to wear a glove as long as he played.

"In the '80s the rule for major league batters was seven balls and three strikes, except for one year, 1887, when it was four strikes. A foul ball caught on the bounce was an out. The boys wore moustaches up through the early '90s. They began to go out of style in the late '90s, when the fans began to talk of getting a younger set of players."

Connie Mack wrote of the constant state of flux concerning the rules during his early playing days. Among the strangest:

"A present-day fan would laugh if you told him that in 1886 . . . a batter was allowed to tell the pitcher what kind of ball he wanted pitched to him. If his strong point was socking high balls, he would tell the umpire that, and the umpire would tell the pitcher to throw them up there between the batter's waist and shoulder. If he liked low-ball pitching, the pitcher had to serve them to him between his waist and knee."

Mack recorded that this pleasant state of affairs didn't last long, however. A year later the rule was changed to allow the pitcher to pitch to a point anywhere between the batter's shoulder and knee. "Under the new rule," Connie Mack confessed, "I couldn't hit for sour apples."

Personal hygiene pretty well kept pace with the rules, according to the article. Mack recalled that the locker room in the Washington ball park had no showers or bathing facilities other than a sort of barrel-like pool sunk in the ground, filled with water. And the water would stay there for a week without being changed.

As for perks, such as today's change of uniforms, transportation, board and room on the road, etc., forget it. A player bought his own glove, shoes, and bats. The club supplied one uniform. In 1887 players were assessed $30 for their uniforms and were compelled to pay half a dollar a day for their board when away from home. If you were unlucky enough to run into a pair of spikes, you brought out your own iodine and arnica to fix up your wounds.

"And you kept on playing," according to Mack, "injury or no injury. There were no players lying around to take your place. You played if you could stand up. That was the custom, and we accepted it as a matter of course."

Nor did the umpire—that's right, one umpire per game—have what you would call a bed of roses. He stood behind the plate until the batter reached base, after which he took up a position behind the pitcher. Smart players would then cut the bases if they could get away with it.

Today, kicking dirt on the ump is reason enough for a player's banishment from the game. Not so in the bad old days, Mack recalled. "The mortality in umpires was high. We seemed to use them up pretty fast. I have seen an umpire knocked down by an irate player, and have seen that player keep right on playing. Perhaps the umpire would fine him five dollars. Perhaps not fine him at all."

Although "kill the ump" was the favorite battle cry of many a bloodthirsty fan, umpires and players were not all sworn enemies.

Ford C. Frick, one-time president of the National League, called the umpiring business as he saw it in his 1935 *Post* article "They've Got to Be Right." In it he recalled a game in which Earl Whitehall was pitching, Babe Ruth was at bat, and Clarence Rowland was the umpire behind the plate. When the third strike was called, the Babe hurled his bat into the air with vicious disgust and growled something to Rowland. A homicidal roar went up from the fans, who had been riding Rowland all afternoon. They didn't know what the Babe had said, but whatever it was, they were for him.

"The fans raised such a rumpus over the incident," Frick wrote, "that my curiosity was aroused. After the game I went to the umpires' dressing room and asked Rowland what the Babe had threatened to do to him.

"Rowland laughed.

" 'The fans had it all wrong,' he said. 'The Babe wasn't sore at me. That strike curved over the plate at the last moment as pretty as anything, and that's what made him mad. What he said was, "Clarence, where'd that bird get a hook like that? He never showed me one like that before." '

"Another time," Frick reported, "Dolly Stark was behind the plate and 15,000 fans at the Polo Grounds were rooting for Mel Ott, slugging Giant outfielder, to crack one off the left-handed slants of Ed Brandt, of

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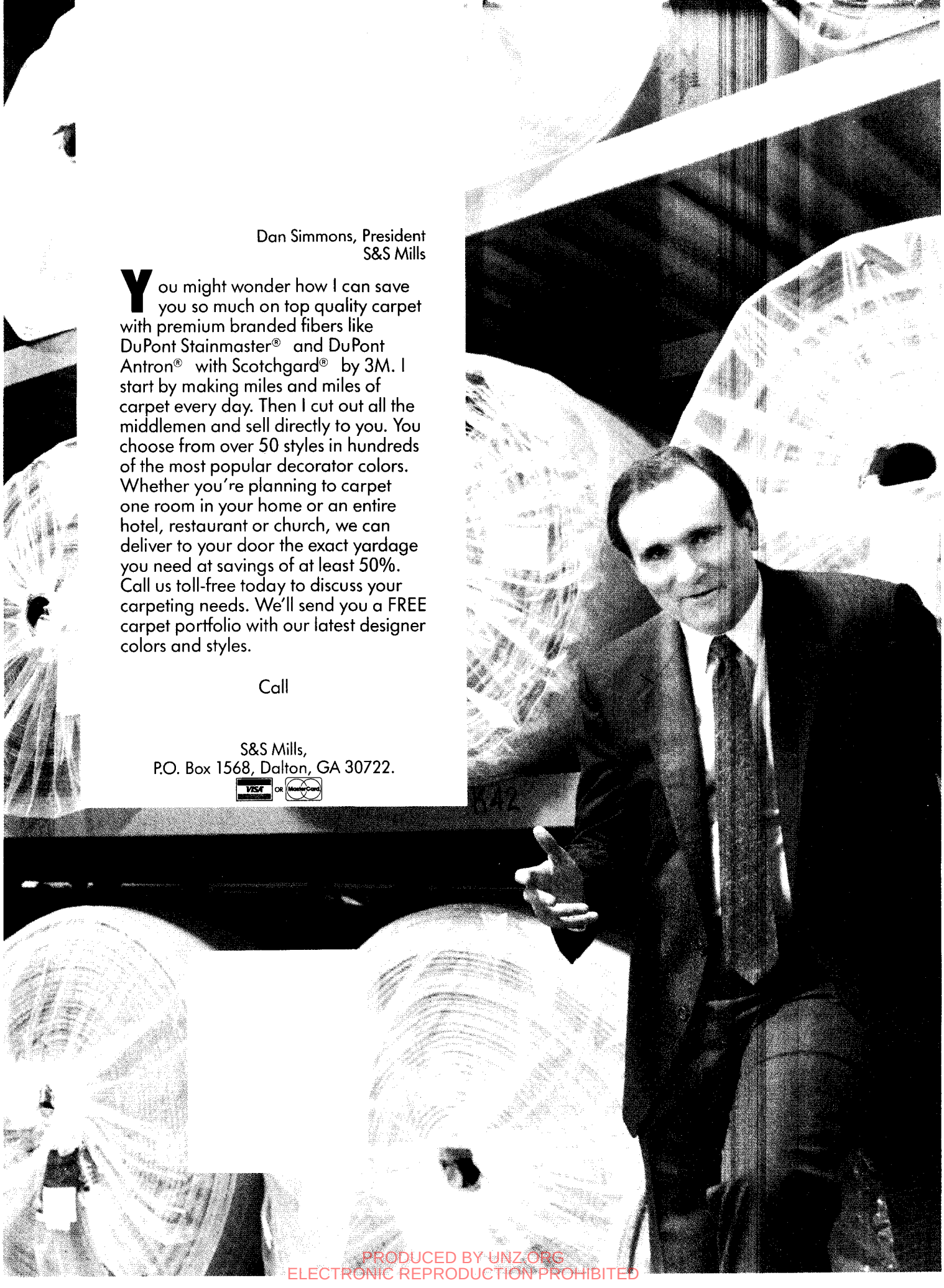

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the Boston Braves. But when the ball landed in catcher Hogan's mitt, Dolly called a strike. Ott stepped out of the batter's box, turned toward the stands and said something to the umpire. The fans went wild: 'That's the boy, Mel! You tell the big bum! Don't let that blind guy get away with it!'

"But after the game, when I asked Dolly what Ott had said, he grinned: 'Oh, nothing much. Mel knew that one was through the middle, and he said, "Dolly, I'd give five dollars to have that one back again." ' "

Fans today aren't as violent as they used to be, Frick pointed out. "Nowadays they are usually satisfied to discharge their venom in verbal abuse. But not so many years ago. They took the game a lot more seriously, and it was common for an umpire to have to sprint across the diamond, with a mob chasing him, and scramble over the fence to escape bodily harm."

Frick also noted that rather than bolting, Clarence Rowland chose to hide in the umpires' dressing room until he had a chance to sneak out of the runway. Another time, Billy Evans was knocked out by a pop bottle and taken to a hospital. Red Ormsby was also beaned by a pop bottle and taken to a hospital (not a doubleheader, by the way). After one game, when Ormsby was in danger of being mobbed, a policeman rescued him and conducted him safely to the dressing room. Red started to thank the cop for saving him, but the cop gave him a withering look: "Don't thank me, mister. I learned long ago always to help the blind."

To soften the effects of his decisions, the umpire Bill Byron had a trick of singing them. Frick wrote that when fans were raving, Byron would call a third strike by crooning, "It cut the middle of the plate/and you missed because you swung too late." At other times, he would sing: "You'll have to learn before you're older/you can't hit the ball with the bat on your shoulder."

All things considered, why would anyone want to risk life and limb making 200 to 300 decisions a day as an umpire? Frick's article offered the answer. It came from the old-time umpire Tim Hurst, who, when asked the question, scratched his head and humorously replied, "Well, you can't beat the hours."

On the bright side, night ball (L.A.'s Wrigley Field in 1931) brought more fans to games and saved minor-league teams from bankruptcy. On the other hand, it also brought hordes of bloodthirsty mosquitoes and a "brand-new baseball alibi."

Among the plate umpire's duties today is keeping the pitcher supplied with unblemished baseballs. A batter can foul off half a dozen in a row and the game goes on. Not so, prior to 1886, according to Connie Mack.

When a ball was lost, strayed, or was stolen, the umpire called a recess of five minutes while all engaged in a hunt for the missing projectile. After five minutes had elapsed with no success, he was allowed to put a new ball into play. Even if a ball was pounded as flat as a bride's biscuits or shedding its stuffing at the seams, the umpire could not throw it out of the game, except in even-numbered innings.

"The man who is a great batter," "Bullet Joe" Bush said, "is a brilliant student of the game." In the battle of wits between the pitchers and the batters, few of the latter came out ahead as often as Ty Cobb (above). He gave opposing pitchers all the credit in the world; he would take into consideration their ability and smartness—and then would outfigure and outguess them.

One other contrast between the good old days of the 1980s and the bad old days of the 1880s Connie Mack referred to as stamina. He's talking here of stealing 156 bases in one season. Of a lead-off man scoring nine runs without making a hit. Of pitching 72 games in a single season. Of playing 25 consecutive innings with neither team scoring. Connie Mack was witness to it all.

One is left to speculate how these early record setters would have fared had the games been played at night. According to Bozeman Bulger, in a 1931 *Post* article headed "Night Baseball Versus the Mosquito," night ball could at least have provided a unique alibi had they failed.

"Last summer, in Indianapolis," Bulger wrote, "an outfielder came back to the bench at 11 o'clock . . . having missed a long fly ball that went for two bases and broke up the game.

" 'I could've et that one up, boss,' the player explained to the

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The girls and boys you see here found CCF sponsors recently through a national newspaper appeal. But there are more than 45,000 other children on our waiting list who need sponsors urgently. Many go to sleep hungry. Or sick. Or unable to attend school.

But you can help change all this. You can reach out to a needy child like one you see here. When you do, you'll be giving the youngster hope. And that's what Christian Children's Fund is all about.

To sponsor a child like one of these, please fill out and return the coupon. Or phone (toll-free): 1-800-776-6767. Just give the operator the number (in the photo's upper left-hand corner) of the youngster most similar to the one you want to sponsor. Within 10 days, we'll send you the child's photograph and family background.

There are so many waiting to be helped. Your $21 a month (70¢ a day) will go a long way toward improving a child's life. If one of these children really were yours, wouldn't you want that to happen?

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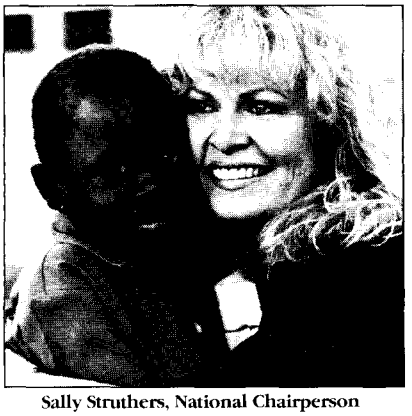

Sally Struthers, National Chairperson

Sally Struthers, National Chairperson
CCF, Box 26511, Richmond, VA 23261

☐ I want to sponsor a ☐ boy ☐ girl ☐ either similar to the child whose photo number is circled at right. Enclosed is my first monthly $21. Please send photo and Sponsor Kit. (To sponsor more than one child, circle additional numbers.)

☐ I want to learn more about the child assigned to me first. If I accept the child, I'll send my first monthly $21 within 10 days. Or I'll return the material so someone else can help.

☐ I can't sponsor a child now but I'll give $_____ to help poor children.

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manager, 'but just when I had it judged right, I'll be doggoned if I wasn't hit by a swarm of mosquitoes—not just a mosquito, millions of 'em!' " Not only was this the birth of a brand-new alibi, but it could also have marked the origin of the "scratch hit."

We can't leave the bad old days of baseball without honoring the two good old boys who were baseball's greatest legends: Ty Cobb and Babe Ruth.

"Ty Cobb was the greatest *thinking* hitter of them all," wrote "Bullet Joe" Bush, one-time pitcher for the Yankees and others, in his 1929 *Post* article "At Bat." "He could pry into a pitcher's mind and eight times out of ten tell what the pitcher was going to throw next."

After throwing a bean ball, which drives the batter away from the plate, Bullet Joe explained, pitchers usually will come back with a curve ball on the outside. But not against Cobb. They would try to cross him up with a fast ball inside. It seldom made much difference, however. Ty would outsmart them. "Without a doubt," Bullet Joe wrote, "he could judge human nature on the pitching mound better than any hitter who ever lived."

Babe Ruth has been charged with many things—a love for women, a love for hot dogs, a disregard for training rules—but never with thinking too much. On the other side of the base line, however, Bozeman Bulger, in a 1931 four-part *Post* article, "And Along Came Ruth," credited the Sultan of Swat with this bit of sound philosophy: Ruth had been asked which he preferred, batting or pitching.

"That's hard to say," Ruth replied after some thought. "I don't believe I could ever get any more thrill than I did in pitching those scoreless innings in the World Series back in Boston. Still, anybody gets a big kick out of taking a cut at that ball and hitting it on the nose.

The thrill of the "big sock" turned Ruth's attention to batting. "The public gets a big kick out of seeing a fellow hit 'em," he said. In this swat, he broke the 419-foot fungo record.

"I guess the fellow who starts something always stirs up the crowd more than a fellow who stops something. I know I've made a lot more out of socking those long drives than I did from keeping the other fellow from hitting when I was a pitcher."

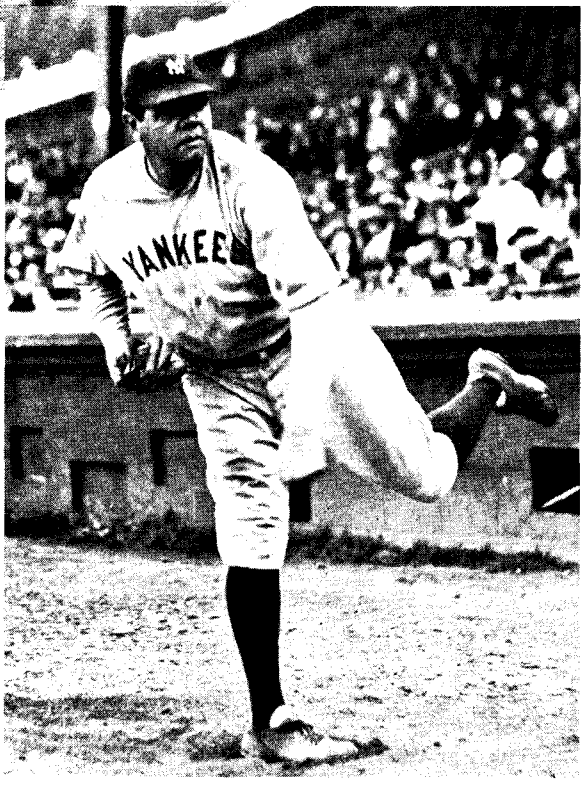
But before things get too deep, I'd like to go back to an American League umpire named Jack Kerns, who had a phobia against calling games.

No matter how dark it got, Kerns thought a ball game was nine innings or more. One day in Washington's Griffith Stadium when Kerns refused to call a game, the pitcher in desperation huddled with his catcher and whispered, "Listen, you keep the ball in your mitt. I'll wind up and pretend to throw it. You pop it into your glove as though you'd caught it."

There were two strikes on the batter. The pitcher set himself and went through his motion; the catcher popped his mitt. "Strike three and out!" Kerns bellowed.

"Strike?" the batter screamed. "Why you blind —. That ball was two feet outside!"

That's the difference between the old days and now. These days a pitcher gets thumbed out of the game just for putting a little something extra on the ball.



"When I began slapping that old onion into the stands, I had the game beat both ways," the Babe told the *Post* in 1931. Of course, Ruth was a pretty good pitcher too. But, he lamented, "you never hear much about that."

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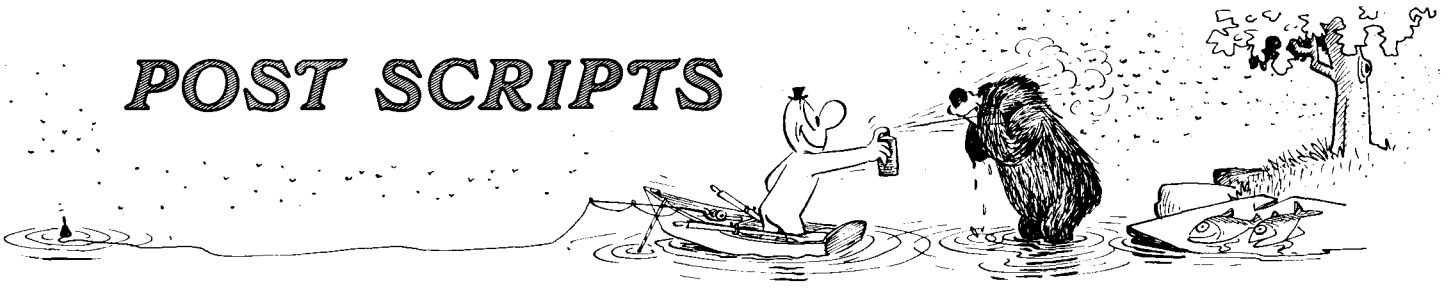

Could We Just Have It Delivered?

A young married couple expecting their first child were having an argument over whether the husband should be present in the delivery room.

"I just don't think I could stand being in the same room with you when you make the delivery," he whined.

"And why not?" she retorted. "You didn't mind being in the same room when you placed the order!"

—William Landing

Edison's Medicine

Movies used to show lusty men wanting and getting. Now it shows them wanting and *be*getting.

—John Drybred

Party Pooper

A man and his wife were getting ready to go to a party when he reached into the bedroom closet to get his tuxedo. Their little boy, who had been watching them intently, began to panic.

"No, daddy," the little boy pleaded. "Don't wear that suit again! You know it always gives you a headache the next morning!"

—Henry Boye

Dust to Dust

If it's true that we come from dust,
According to the story of creation,
You should look under my son's bed,
For there is the birth of a nation.

—Olga McCoy

"Yippee! No more Weight Watchers!"

For Example

The most valuable gift one can give another is a good example.

—Rose Sands

The Central Focus

Smith was running through the park when Brady bumped into him from the opposite direction. Brady apologized and continued on his way. Smith then felt his back pocket and found his wallet was missing, so he turned back and caught up with Brady.

"Give me the wallet!" Smith demanded. Without a word, Brady handed over the wallet and continued his run. Once he got home, Smith found he had made a ghastly error. There, sitting on his dresser, was the wallet he had forgotten to take with him. When he pulled the wallet from his back pocket and saw it was Brady's, he immediately phoned Brady and apologized profusely.

"Tell me one thing, though," Smith said. "Why did you go ahead and give me your wallet anyway?"

"We were in Central Park," Brady replied. "What else did you expect me to do?"

—Del De Mage

Her Lucky Number

A sympathetic friend visited a mother of seven and remarked, "How on earth are you able to care for all seven of these children?"

"Well," the mother explained, "when I only had one child, he took up all of my time. What more can seven do?"

—Thomas LaMance

Flying off the Handle

A Sunday school teacher had just been telling the children about Noah and the ark.

"Why didn't Noah just swat both of those flies while he had the chance?" one little boy asked.

—Martha J. Beckman

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Reality Estate

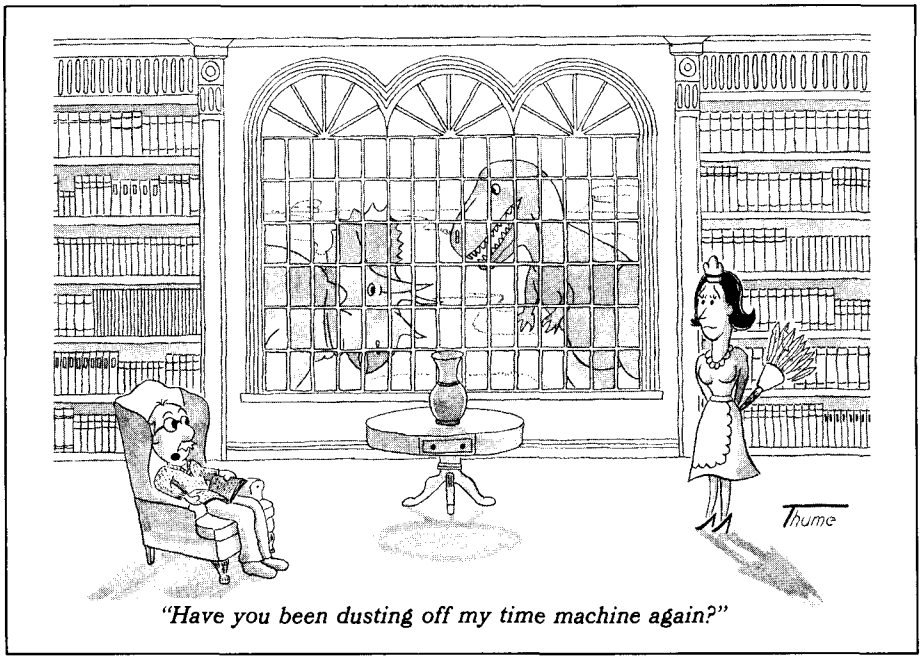
Ever wonder what those nice-sounding real-estate ads *really* mean?
1. Ideal for newlyweds or retired couples. (Translation: only slightly larger than a child's playhouse.)
2. Clean as a pin. (Has no other redeeming virtues.)
3. Rustic. (No indoor plumbing.)
4. Handyman's dream. (Probably your nightmare.)
5. Close to transportation. (Railroad track runs in backyard.)
6. You can't afford to pass this up. (Owner can't afford to keep it.)
7. Could be remodeled. (Or could be used for local fire department's practice drills.)
8. Out-of-state owner wants immediate sale. (Two mortgage payments are breaking him.)
9. Located in area of fine homes. (The monthly payment is staggering.)
10. Lots of house for the money! (And lots of money for the house!)

—Sue Culp

The Wages of Grin

Brighten the corner where you are!
Shine ever brightly, like a constant star!
You'll get noticed, and then, too,
You'll get lots more jobs to do!

—Lida Smith



"Have you been dusting off my time machine again?"

Detonation Unknown

Because of the long strike, the mill was shut down. When it was announced that a famous union leader was coming to town to assist the strikers, the entire police force converged on the train station where the leader was scheduled to disembark. Carrying a large suitcase, the union man was met by the police chief upon his arrival.

"What's in the suitcase?" the police chief demanded.

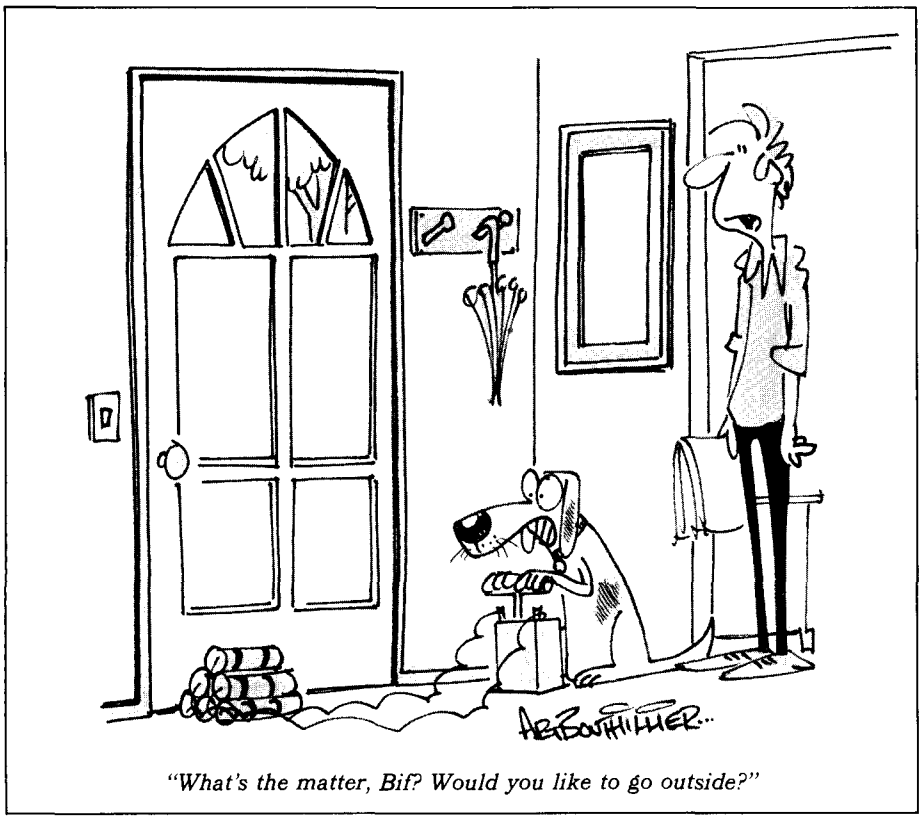
"Dynamite!" the union leader replied.

The police chief ordered the suitcase's contents exposed. When he saw that there was nothing but a small library within, the lawman just stared.

"Why, there are only books in here!" he exclaimed.

The union leader snapped the suitcase shut and didn't bat an eye. "Dynamite!" he repeated.

—Leonard Mehr



"What's the matter, Bif? Would you like to go outside?"

Sight Seeing

My wife says when we socialize
My eyes begin to roam;
She says I need to learn
To leave my social eyes at home.

—Charles Ghigna

Made in the Shade

To me, the best of summer
Is a sandy beach to roam,
An ice-cream sundae, lemonade,
And an air-conditioned home.

—Jacqueline Schiff

Calendar Girl

Oh, smiling wench upon the wall,
Scantily clad in lace,
Displaying nature's art to all—
No blush upon your face;
The end of our affair is nigh.
'Twas fickle and untrue,
For when another month goes by,
I'll turn to someone new.

—R. M. Asquith

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CIRCUSMANIA

It's the greatest show on earth; the whole town gets in the act, and none of the participating kids ever gets into drugs.

Holly G. Miller

The show must go on, and faced with 340 costumes to press, 130 faces to make up, 28 intricate acts to rehearse, and 240 kids to coordinate, the Peru (Indiana) Amateur Circus needs a lot of help from its friends. So the whole town gets in on the act every year.

This month—July 15-22—the show goes on for its 30th year. By the end of the week, after the sawdust has settled, thousands of circus fans will have cheered the antics of kiddie and senior clowns and gasped at the courage of flying trapezists and agile acrobats. "You almost forget when they're performing that they're kids," Circuit Court Judge Bruce Embrey says. "Then they smile and show their braces."

Embrey is one of three ringmasters who oversee the ten annual performances. He rotates duties with the executive director of the Chamber of Commerce and the local Baptist pastor. There's a job for everyone. Just ask Lloyd Hill, the family practitioner who heads the show's medical team and doubles as a clown; or Don Grubbs, a retired reporter still playing in the circus band after 25 years. The townspeople's investment of time has paid big dividends to their community. "The circus is one of the best anti-delinquency programs around," Embrey says. "It gives performers self-confidence and keeps them out of mischief. I've never had a circus kid come before me in court."

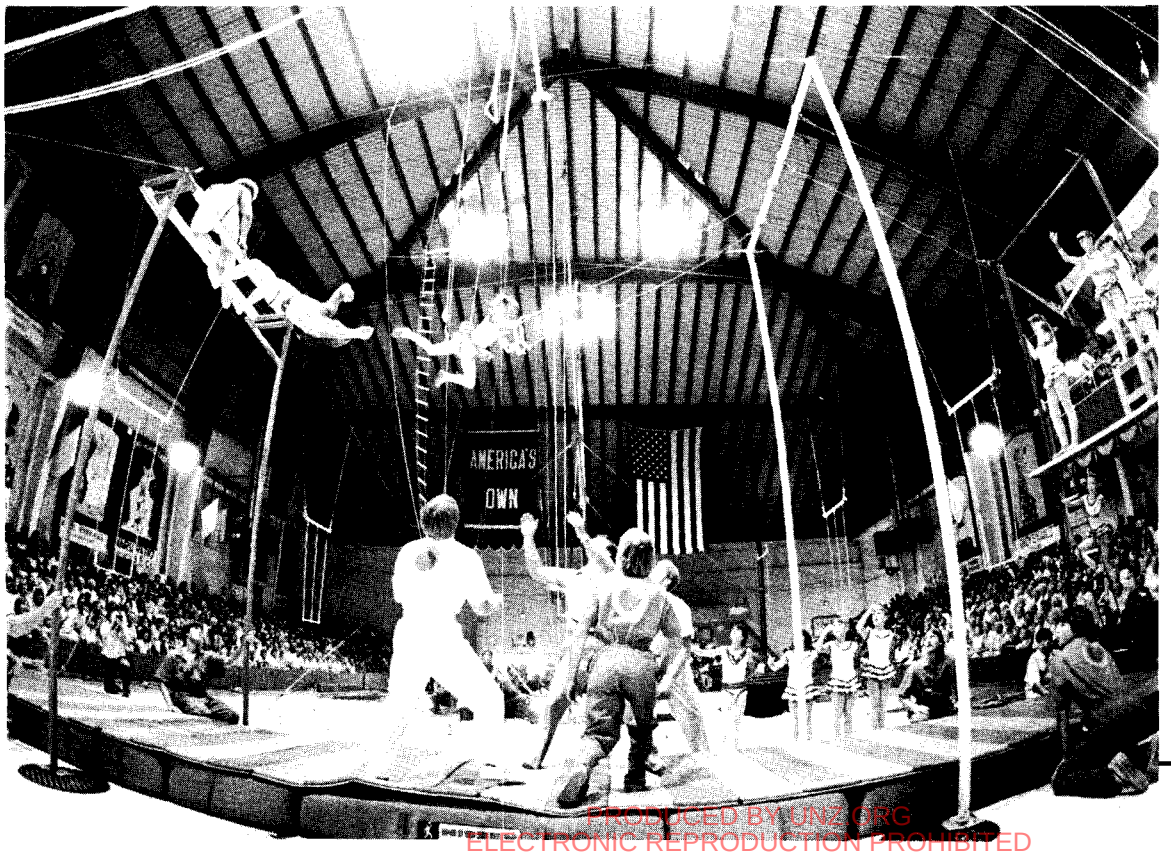
The all-American extravaganza is a year-round hobby for a town that has hosted circus folk since the 1880s. At one time the area served as winter headquarters for such famous traveling shows as the American Circus Corporation (owned by Ringling Brothers and Barnum & Bailey), Sells-Floto, Hagenbeck-Wallace, and the John Robinson Shows. Some performers became so attached to the quiet, rural life that they returned after retirement. Now, the Peru telephone book is filled with the names of circus greats.

"I grew up with lions and tiger cubs in our home here," says Joyce Ferguson, daughter of the famous animal trainer Clyde Beatty. "My dad had his own railroad car, and we traveled together in the summer. I rode horses and elephants." Another Peru resident with colorful memories of the circus is Eva Mae Lewis, who traveled the circuit with her husband, Emmett Kelly. She and her son Pat, a veteran professional clown, still live on the outskirts of town.

It is this link with the past that has given the city such a bright future. The amateur circus began when two former bareback riders, Tom and Betty Hodgini, agreed to train local high schoolers in the fine art of circus performance. Other retired stars joined in the effort, and soon the city and its three-ring show were back in the circus spotlight. Their fame has grown steadily, and last year the old winter quarters were dedicated as a national historic landmark. Plans are now under way to move the Circus Hall of Fame (once located in Sarasota, Florida) to town. When this feat is accomplished, Peru's nickname—the "Circus Capital of the World"—will finally be validated.

The most positive aspect of the circus revival is its effect on local youth. "I use the circus to teach much more than tricks," says Bill Anderson, the head trainer for the show. "It teaches responsibility, goal setting, how to work with others, and the importance of following directions."

Unlike the good old days when the circus came to town, now the town *is* the circus, and everyone pitches in to make each performance and each performer a winner. As Joyce Beatty Ferguson puts it, "In Peru, Indiana, nobody plans *anything* until after circus week."



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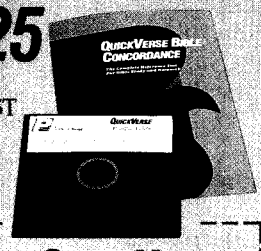

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DARE TO DIALOGUE ON CANCER

The outspoken director of the NCI urges patients to get involved in the management of their cancer and to study the treatment options.

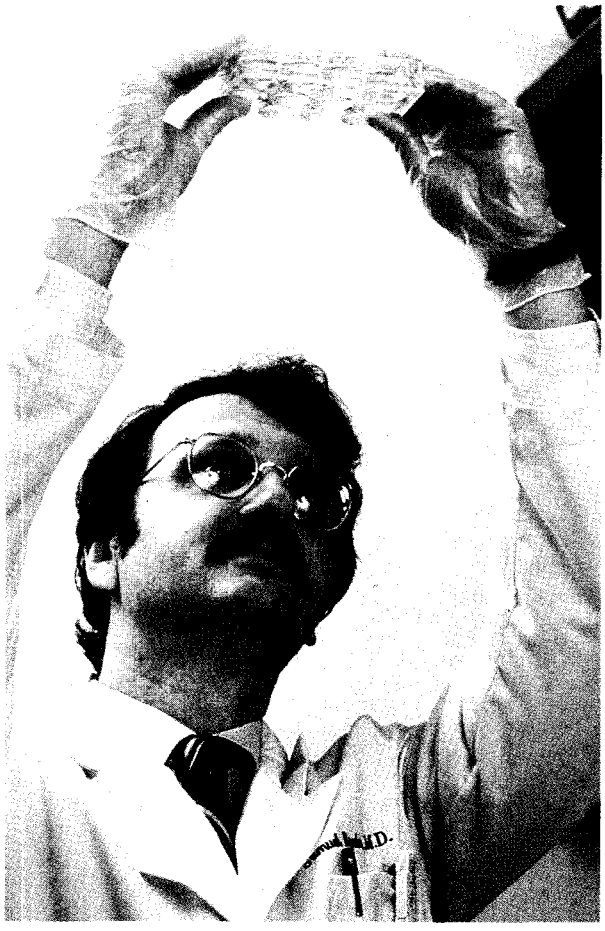
by Cory SerVaas, M.D.

Dr. Samuel Broder, director of the National Cancer Institute, pulls no punches when he updates *SatEvePost* readers on the good and bad news of cancer prevention, research, and treatment. In this, the second half of our two-part series, Dr. Broder discusses new options for breast cancer victims, explains the patient's role in choosing among possible treatments, and predicts the future management of colon cancer.

With the current push for more AIDS research, this portion of the interview begins on the hot topic of funding. Specifically:

Dr. SerVaas: What do you say when you see editorials about how AIDS research might be taking money away from cancer research?

Dr. Broder: The Cancer Institute is not the dominant lead institute or agency on AIDS. That is the National Institute of Allergy & Infectious Diseases, the operation which Dr. Anthony Fauci heads, but we do have a specialized role in vaccine and new drug development. We're very proud of our role in that, and I think we have a lot of expertise and a tradition in this field; I think we have something to offer. We will continue to make a major commitment to AIDS, but the primary mission of the Cancer Institute always has been and always will be cancer.



Broder, a tireless researcher and 17-year veteran of NCI service, urges patients to keep up-to-date on what's new in prevention and treatment. He stresses the need for continual follow-up and discussions between physician and patient. His message seems to be, "It's your life, so why shouldn't you have major control over your own destiny, which includes cancer and all?"

Dr. S: What is the good news and the bad news about cancer?

Dr. B: I think that in both basic research and prevention, in early diagnosis and treatment, in all of those areas there's been a lot of progress. But there's also bad news, and I think that that's something people have to come to terms with.

The bad news is that we do not have a unifying molecular explanation for cancer. We do not have a cure for all cancers in an advanced state. And, in fact, for some cancers we really do not have effective treatment of any kind. This is the bad news, but my job is to tell you the truth.

If you want to talk on the treatment area, the good news is that in very young people we have astonishing success in testicular cancer, lymphomas, and leukemias. We are also reducing the annual death rate for cancers in people under 65.

Now the advantage of that is that in curing people who have leukemia, certain lymphomas, testicular cancer, and certain gynecological conditions, you do an enormous amount of good because curing somebody who's 22 years old allows [them] a lifetime of productivity. That's very important.

Dr. S: Could you give us an update on therapy progress with other cancers?

Dr. B: We're making progress. If you look under age 65 in general, and if you exclude lung cancer, which is the very special disease that I've talked to you about, because it's being linked to smoking and is avoidable, we are making substantial progress in a number of cancers—how to treat them and how to prevent them. No question about it. So I would say there are many different advances. We are learning how to treat a lot of diseases better.

I could regale you with the good news but I must say that there's also bad news, and this is something that the public has to hear. We do not have a cure for all cancer. We do not have a way of treating all cancers, and even when we have certain knowledge about some things, we sometimes still don't have the ability to take it to heart. Smoking is the best example of that.

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Dr. S: Does the NCI have some programs we could tell our readers about—programs in which you don't have enough patients participating where it might do some good to get the word out?

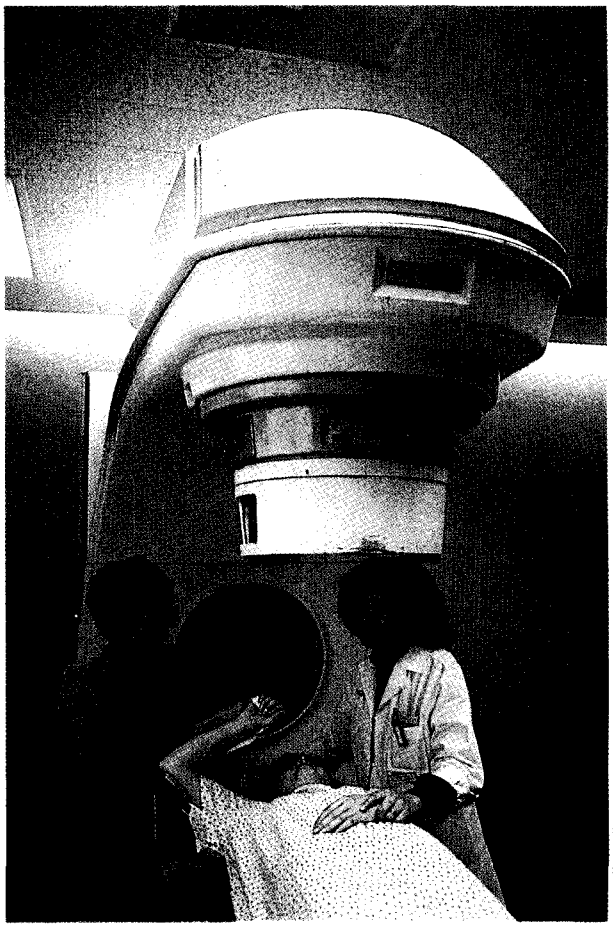
Dr. B: What I think would be good to stress is that we have cooperative groups. These are academic groups of physicians that have gotten together. These groups have important and interesting clinical trials, funded by the Cancer Institute, which try to offer new knowledge, but which also try to always test the best available therapy against something that people expect would be equal or better.

I would urge individuals who develop a cancer to ask their doctors if they are suitable for referral to an appropriate cooperative group. We also have the community clinical oncology program which works very closely with the cooperative groups. Physicians in the community—not academicians but community physicians—enroll patients in their practices and enter them into appropriate clinical trials.

So if you wanted to suggest that to your readers, I think it would be a good thing. There's something else that I would urge you to suggest to your readers. I think we're in an era in which the patient and the doctor need to be in a dialogue about cancer treatment. The patients should view this as part of their responsibility.

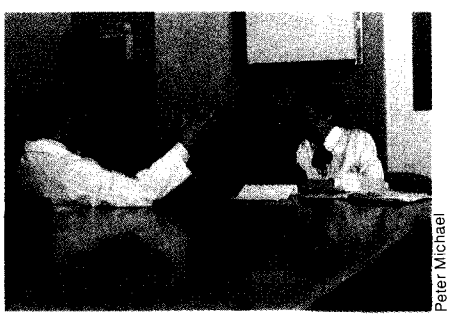
Dr. S: I wonder if our typical readers would dare dialogue with their oncologists or question their treatment.

Dr. B: They should listen to me, they should *read my lips*, and they should understand that asking questions or defining things that affect their own health is not an inappropriate thing to do; that a patient has to be a partner with the doctor. I don't mean in technical matters—in a particular drug dose or something like that—but the patient should have an understanding of what the options are, what the latest information is, and then he or she should participate in that process. Just as you have a role in helping your readers stop smoking, you should have a role in having them be participants.



Mike Mitchell

Five years ago the *Post* visited the NCI and was given an update on NCI breast cancer trials by Dr. Peggie Findley, a specialist in breast radiography. Findley felt strongly that lumpectomy with radiation was as good as mastectomy for early breast cancers, but she needed proof. Today, thanks to painstaking randomized research, doctors can give patients assurance that lumpectomy is an equally safe option. And an eight-year study of 2,163 women with breast cancer showed clearly that breast tumors recurred far less frequently in those who received radiation after lumpectomy than those who received no radiation after lumpectomy.



Peter Michael

Dr. Broder suggests future research might include studying the prophylactic use of the anti-estrogen drug, tamoxifen, as a prevention for breast cancer in women over 50 who haven't developed the disease but have a strong family history of it. Dr. Broder was asked about the comparative potential dangers of estrogen in the birth-control pill and that in estrogen-replacement pills.

I think that the patient has to interact with the doctor, and has to play a role: it's a definite role for the patients and their families. They need to know what the options are. All life is a matter of choices.

The patient, in my opinion, should say, "First explain to me what I've got. Then explain to me what the options are." The question could be, "Is there more than one way of treating this?" Then you can ask the doctor, "Well, what are the pros and cons from your point of view? What are the benefits I'm likely to get from each therapy? What are the toxicities I'm likely to get from each therapy?" You could ask the doctor if there's another specialist in the area who could give you a second opinion.

Dr. S: How does a doctor view such participation?

Dr. B: I think that a doctor should never feel threatened. I'm excluding emergency situations. On serious matters of health, I think that doctors should welcome a collegial relationship with other doctors and should welcome second opinions. Sometimes this can be very important. Many times an article will have just been published and maybe not be widely available or widely known. Sometimes the information can be presented only in abstract form. That is, it's only presented at a certain meeting and the patient still might benefit from that knowledge.

We have a system with the AMA by which any doctor anywhere in the country can access all of our clinical trials information, including state-of-the-art information, where to go, what protocols and what the preliminary results are, with their own personal computer. We can work it so they could use their personal computer and in a very user-friendly way get significant information related to a tumor that the patient might have and be able to respond to that. We think that with the prevalence of computers there will be thousands

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and thousands of doctors who have access to this system.

Dr. S: And the fax machines.

Dr. B: And there'll be fax machines, but they don't need it because this is an on-screen thing. We have a name for it. It's called PDQ, for Physician Data Query. Basically, I don't think it would be inappropriate in a setting of cancer for the patient to say, "Doctor, what did the PDQ print-out show for me?" PDQ was developed by NCI, but we want to extend its use by cooperating with the AMA and other professional groups.

The doctor might say, "What is PDQ?" But there's a point here that I want to stress for a minute. All of medicine is a continuous learning process, and patients need to understand that too. It is not a sign of weakness for a doctor to say, "Mrs. Jones or Mr. Jones, I want to have a day to review the latest findings on your problem." People need to become accustomed to that. They need to hear that, and they need not to be threatened by that because that's the way that the technology is. I think to me, if the doctor's being sincere, that would be much more encouraging, provided he or she acted on that, than to have a doctor say, "I know everything about everything and I never have to look anything up." Now, it is not a criticism of doctors—this is just a general thing that patients need to work into a dialogue and to accept responsibility for their own care. This is one theme that I have. In that specific sense, it's a whole new consumerism, but that's our mission here. We do not want to dictate or regulate doctors. That is not our responsibility.

We want to generate knowledge, and the same taxpayers who pay for our research efforts have a right to expect that we will disseminate knowledge in a wide scheme. We are not afraid of knowledge. We feel that's the thing that liberates everybody, and I think that patients slowly and surely, I hope, will come to terms with certain concepts that can help. One of them is that it's O.K. to ask a series of questions. It's O.K. to seek a second opinion. It's O.K. for a doctor not to know everything, and a patient should not draw the wrong inference when a doctor says, "I don't know; I will check into it." It could be they'll check into it by looking into the PDQ system, which I think is a very effective one.

BATTLING THE BEAST WITHIN

Jason was given his first illicit drugs when he was seven, while waiting for the school bus outside his parents' home. His experimentation with marijuana, alcohol, cocaine, and heroin grew to an obsession. At one point, Jill threatened to carve his name on a gravestone and pretend he was dead.

With felt-tip markers and yellow legal pads, the British actress Jill Ireland is battling what she calls a "horrible, grisly goblin that's living inside my chest." The monster is cancer, and she became aware of its presence in 1984. What first surfaced as a small lump under her right arm now has attacked her thyroid, chest wall, shoulders, and lungs. Through it all, the basket of markers and pads has proven to be one of her most effective weapons against her dreaded adversary. She carries the basket to her daily therapy sessions and keeps it by her bed for those long nights when pain makes sleep impossible.

"I've always been a writer," she says. "When I was a little girl I used to write plays and insist that my friends perform in them. No doubt they hated it. Later, I wrote scripts, stories, and articles for magazines. Whenever I could, I would write, but it wasn't until *Life Wish* that I had a subject that was big enough to make a proper book, or that I had the confidence to think that it would."

The subject of *Life Wish* was her cancer, and her "proper book" turned out to be a nationwide bestseller. Although her husband of 20 years, Charles Bronson, still hasn't read it—he chooses not to relive the trauma—thousands of others have. Norman Cousins, the author of *Anatomy of an Illness*, called it a public service to be read by cancer patients, their families, and friends. Sidney Sheldon applauded the book as a brave and witty account of the author's battle against cancer. Jill acknowledges the praise with grace, then refutes it with candor.

"People say I'm great," she says with a laugh. "I'm not great. I don't see myself out there crusading. I'm afraid that I write for more selfish reasons. I loved acting, but as an actress I interpreted somebody else's means of self-

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expression. When I write I have the power to express myself completely. It's very satisfying . . . I can't stop doing it. I'm afraid the books write themselves."

She enjoys talking about her work far more than she likes discussing her cancer. ("I'm a bit bored with reading in the *Globe* that I'm going to die in six months," she quips.) However, the topics are intertwined. She often writes to ease her pain and fear; the words that spill onto paper are charged with emotion. This habit of translating feelings into words began the evening before she entered Cedars-Sinai for her first biopsy. Before going to bed, she wrote a letter to her 12-year-old daughter, Zuleika. At the time she didn't know that the tumor was malignant and that the cancer had spread to her axillary lymph nodes. The note was to be opened and read only if Jill died. Five years later, the late-night writing regimen continues.

When she arrived at an Arlington, Texas, hospital for her most recent round of intensive treatments, she brought with her a word processor, a tape recorder, and her usual supply of pads and markers. A third book is in progress. The working title is *Life Time*, and it's the last in her planned trilogy. The second, *Life Lines*, just released, documents her fight to save her adopted son, Jason, from his drug addiction.

"When I learned my son was a heroin addict, it was devastating," she says. "The only way I knew how to make any sense out of it was to write about it. There was a lot of breast beating, crying, and carrying on, but the writing was what got it into perspective for me. Putting the book in order helped put our lives in order. When Jason read the final draft, he said, 'Mom, if it helps just one kid not go through the pain that I've gone through, it's worth it.' I liked that."

Their current roles are strangely reversed; Jason is well but his mother isn't. She finally has stopped worrying about him; now he worries about her.

"I've done my best," she says. "He's on his feet. The irony of the whole thing is that after all those years of heroin and morphine for him, now *I'm* on morphine. He calls me on the phone and asks, 'What are they giving you? How are you taking it? Is is making you sick?' "

She says her new book will touch on her latest and toughest fight to rid her body of its recurring cancer. She comes from strong stock, she assures herself, but she admits that she's currently experiencing more pain and suffering than she imagined possible.

Throughout her battle with cancer, Jill has had the support of her husband, Charles Bronson, and their seven children. "I've gotten to the point where I appreciate the simple things," she says. "I love my family, my home, my pets."

"This is a passionate time in my life because right now I'm murdering something," she says. "For the first time in my life I'm actually committing murder. I'm trying to kill the beast that's living inside my chest. We're linked and bonded together, and we're both suffering."

She's concentrating on the battle. She's grateful for what she calls the "two good years" that followed her mastectomy and chemotherapy in 1984, and she marvels at all she was able to accomplish. She acknowledges that she will never do it again.

"It was as if I knew I was going to have those two years to do things, and I did everything I possibly could. I wrote a book, co-produced two movies, starred in a film, went on the lecture circuit, and was the American Cancer Society's crusade chairwoman. I look back and think I could have spread that over 20 years! But it was there to be done and I guess I was supposed to do it. And I did."

Now her plans are less ambitious. "I don't look ahead," she says. "I have to go for moments."

—Holly Miller

Dr. S: Don't you also have something like PDQ for the patient—it's dial 800-4-CANCER?

Dr. B: We have that, yes.

Dr. S: Is it effective?

Dr. B: Yes, that's another technology. That's also linked up so that patients can call with specific questions. We at the Cancer Institute provide information; we do not want to practice medicine via the telephone with a patient we haven't seen. Now, we have our own treatment unit here, so in that sense we will practice medicine. But we don't want to substitute a telephone call as a way of practicing medicine. We don't want to put ourselves in the middle of an ongoing doctor-patient relationship.

The other thing that we try to do is we try to make a strong effort to respond to patients' questions when they come up and to try on an individual basis to answer as much as we can. I have a great deal of faith in these computerized systems. I think we, in particular the practice of medicine, will be slowly but surely adapted so that people are used to the fact that medicine is a continuous, evolving discipline, and that's a sign of health.

Dr. S: Is there any news for a cancer vaccine?

Dr. B: I think it's a research tool, and I think it's something that I wouldn't want to build an expectation for. I think there are many other exciting areas. I really feel, for example, that doctors are going to be managing breast cancer and colon cancer fundamentally different than they have in the past. I think you're going to see very significant changes in how women with breast cancer are handled.

I think it should become very common practice for the average woman who gets breast cancer to go to a doctor and for the procedure not to stop with simply an operation and that's it, but for an analysis to be done of what kind of estrogen receptors that woman has in her tumor, and for a decision then to be made that that woman will be offered hormonal therapy or certain types of chemotherapy, whether her nodes are positive or not.

Even though there's no discernible tumor at the time you're making that decision, that kind of approach is going to lead to significant delays in the recurrences of cancer. The typical woman who dies of breast cancer does not—there are some exceptions

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Prognosis: Excellent Following Lumpectomy and Radiation

Peter Michael

Janet Cox with only two more weeks of radiation therapy to go.

Breast cancer is like a ticking time bomb. In the earliest stage, or Stage I, the cancer is confined to the breast. When a tiny lesion is detected and treated in this stage, there is a 93 percent chance of a 20-year disease-free survival. Most breast cancers are discovered in Stage II, when the cancer has spread to the lymph nodes under the arms. At this point, the lump may be no larger than a small pea. Yet fewer of the women diagnosed in Stage II will live 20 years. In Stages III and IV, the likelihood of survival is even more dramatically reduced.

Breast cancer is endemic. It is everywhere—it will strike one out of ten women in our lifetimes. While we were preparing this article, it struck my 40-year-old secretary, Janet Cox.

At Janet's request, I "scrubbed in" for the biopsy and accompanied the dastardly little white lump to the pathology lab for a frozen section. The silence was deadly as the pathologist looked for cancer cells. "There's bad news and good news here," he finally said, beckoning me over to the microscope. "If a patient has to have breast cancer, this is the best kind to have." He pointed to the cells. "They're well differentiated. That means she has

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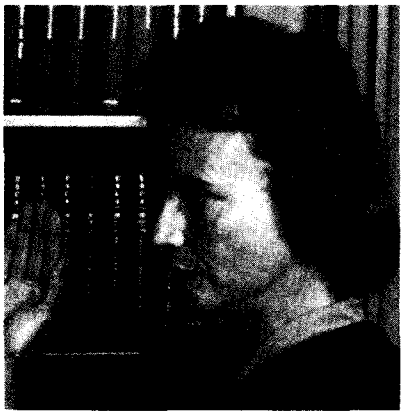
Nancy Reagan underwent a modified radical mastectomy in 1987. Biannual mammograms show no recurrence.

Jill Eikenberry has been cancer-free since her 1986 lumpectomy. She filmed "L.A. Law" while being treated.



Justice Sandra O'Connor was back on the bench two weeks after breast surgery. Chemotherapy followed.

Shirley Temple Black was among the first to go public about breast cancer. Her mastectomy was in 1972.

to this—die because the tumor has come back at the same local site, although that is a certain problem. But the real problem that we're trying to address is that the woman may come back with disease at a distant site and then die of that disease, and therefore I see we're going to have fundamental differences in how women are going to be treated.

Dr. S: What about fat and breast cancer?

Dr. B: There are still many things we don't know about breast cancer, but there are some things that we do. Everything we know about breast cancer suggests that in one way or another certain types of estrogen stimulation seem to play some kind of role. We know that's one of the factors for breast cancer, and there is a large database of information on that. Diets high in animal fats are thought to contribute to an increased risk of breast cancer, and it is possible that they affect the amount of interior estrogen stimulation in a woman's body, but we don't know for sure.

Dr. S: How does the estrogen in the birth-control pill compare in amount to the replacement estrogen that is used for postmenopausal women?

Dr. B: It really depends on the dose that the doctor chooses, and there's still some controversy with it. One issue with breast cancer and the pill is that there are some suggestive data—not firm data, suggestive data—that taking the pill might be a risk factor for acquiring breast cancer for some women. There are physicians on both sides on this. Within the Cancer Institute, we have recently launched a special study which will try to specifically address that point, and we will try to find out if there's that risk. We know certain things about breast cancer already in that if you start menstruating early, if you have a late menopause, if you wait until after the age

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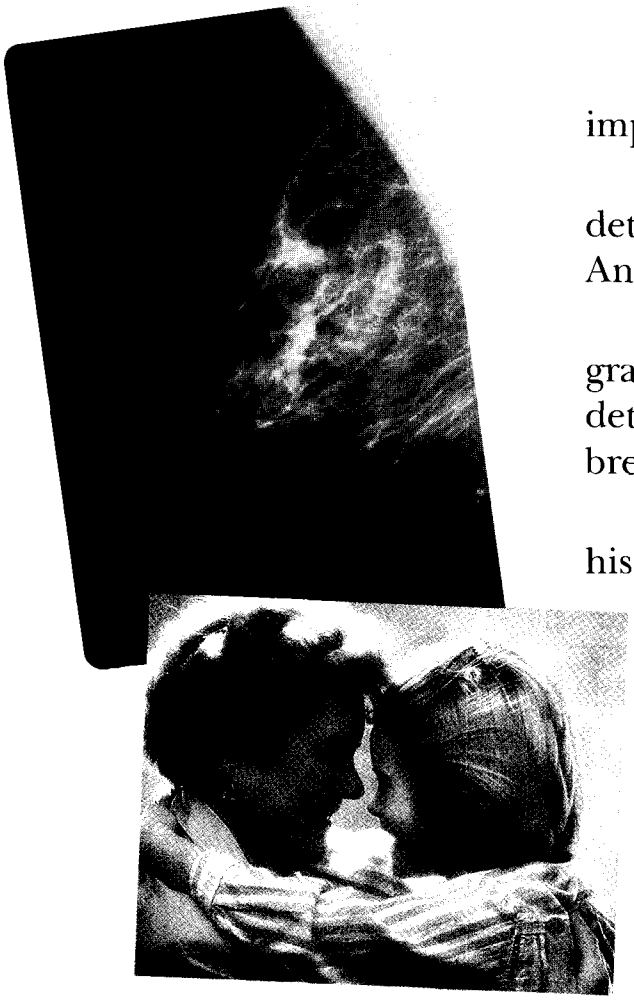
Take the picture of your life.



A mammogram may be the most important picture you ever have taken.

Mammography helps radiologists detect breast tumors too small to be felt. And it may help save your life.

GE is the world leader in mammography equipment. We know how early detection can help women win against breast cancer.

If you're over 40 or have a family history of breast cancer, ask your doctor about mammography. It may be the most important call of your life.

A mammogram. Don't put it off.

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RAISE THE ARABIA!

More than a hundred years' worth of Missouri mud has yielded a boatful of clues to frontier living.

by Kathy Lohr

It's said that at every bend in the Missouri River, a steamboat is lying at the bottom, buried in the mud below the murky water. The captains who navigated the treacherous waters had to master the changing currents and shallow spots to avoid getting snagged by submerged tree limbs. No wonder many of the frontier-bound steamers didn't reach their final destinations.

Among those lying at the bottom of the river was the steamship *Arabia*, recently discovered by a group of private salvagers. The *Arabia*, like hundreds of its sister ships, sank between the 1820s and 1880s, the victim of a snag. Many more boats sank in this manner than from boiler explosions, which were more heavily reported during the heyday of the riverboat era.

The discovery of the *Arabia*, a top-of-the-line side-wheeler, adds new information to the sketchy knowledge so far gained from the only other successful Missouri River valley steamboat excavation. In the late 1960s, salvagers found the *Bertrand,* a large sternwheeler, in the Missouri's mud on federal property in the De Soto National Wildlife Refuge north of Omaha, Nebraska. The *Bertrand* sank in 1865 with a load of military cargo that included ammunition for army howitzers used in the Civil War.

The *Arabia* was uncovered last winter near Parkville, Missouri. Many salvagers had attempted to reach the boat over the years, but the team of five couples calling itself River Salvage Incorporated was the only group to find a way to retrieve parts of the hidden side-wheeler and its cargo. David Hawley of RSI says it's been a difficult process from the beginning. He calls it a lifetime effort to excavate the boat, preserve the artifacts, and establish a location to display the pieces.

The excavation was complicated by the changing course of the Missouri River, which over time left the boat covered by silt and water. The site, a half mile from the present river, is in Norman Sortor's soybean field. Three generations of Sortors have owned the property. Beaula Sortor says the family always knew the steamboat was there: "These people said with the equipment they have now, they were positive they could find it, and my husband said, if you want to try, fine."

Salvagers dug a series of wells around the *Arabia* and pumped water out 24 hours a day for several months. This system allowed them to dig about 45 feet down to the boat and remove the stern section, its rudder, three boilers, one of the paddlewheels, and more than 100 tons of artifacts.

Newspaper accounts from the fall of 1856, when the *Arabia* sank, say that the steamship hit a snag in 12 feet of water about a mile from Parkville, Missouri, just outside of Kansas City. A report from the *St. Joseph Commercial Cycle* dated September 12, 1856, says, "We learn from passengers just up that the Arabia sunk last Tuesday evening about a mile below Parkville. The boat and cargo will be a total loss, as she is sunk to her hurricane deck. No lives were lost." But the boat sank so fast that the

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After pumping water for several months, salvagers dug about 45 feet down in Norman Sortor's soybean field to reach the *Arabia*. Among the artifacts they recovered were perfectly preserved canned foods and bottles of champagne, still bubbly after 133 years.

Photos by David Hawley

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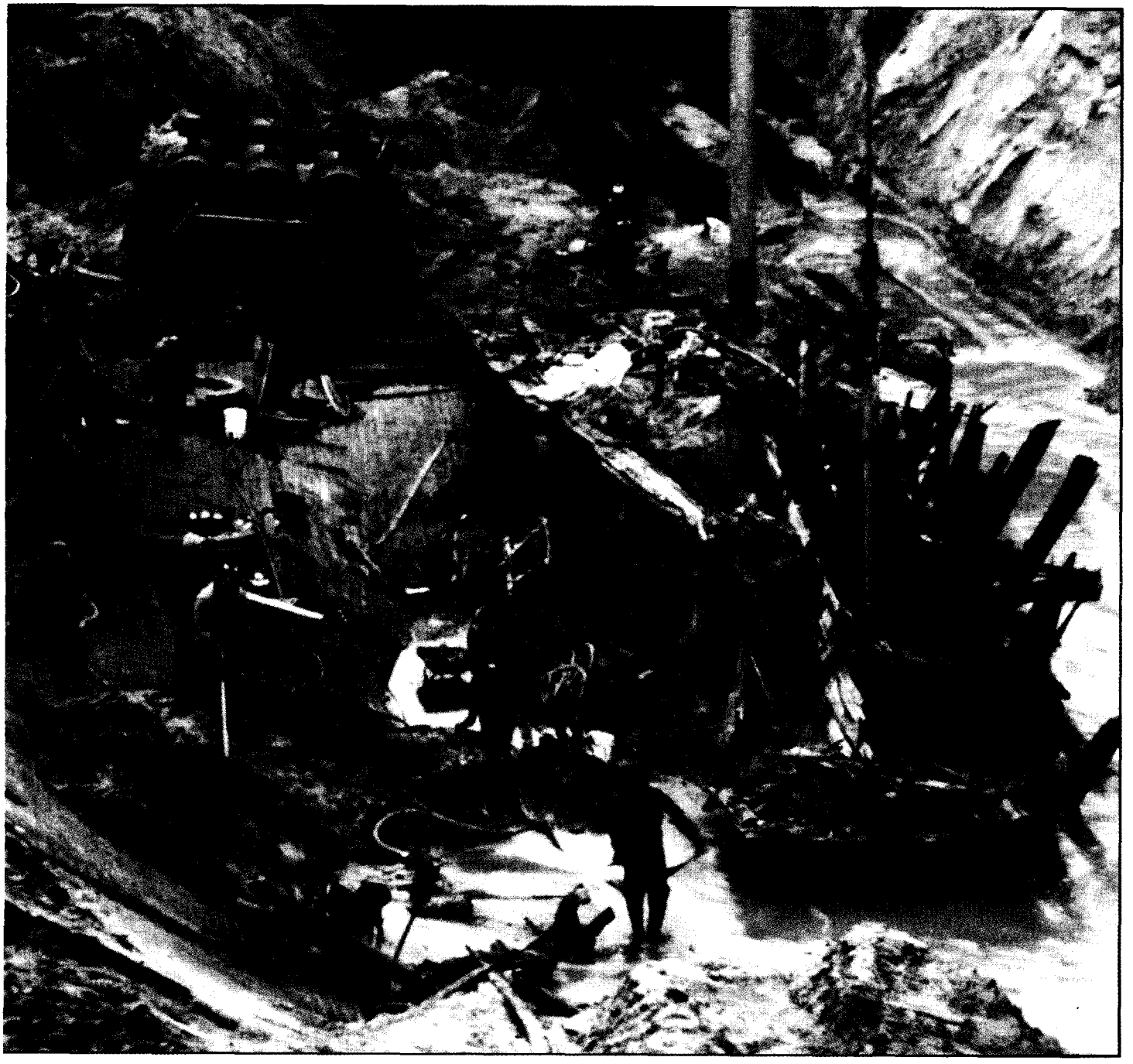

Arabia's Cargo
(partial list)

Many said the steamboat sank with barrels of whiskey and gold aboard. Although the excavators didn't find either, they did uncover the following:

- jewelry, including six gold wedding bands, earrings, and brooches
- one three-inch china doll, known as "Frozen Charlotte"
- hundreds of pieces of J. Wedgwood and Davenport china, including the "Cypress" and "Friburg" patterns
- bottles of champagne, cognac, and wine and a barrel of ale
- jars of pickles, relish, and pie fruits
- wooden crates of butter and cheese
- felt and beaver hats
- bolts of fine silk, cotton, and wool
- ivory lice combs
- 48 flintlock rifles (from markings on the barrel, they were identified as 1855 Belgian-made guns and were used for trading with the Indians)
- thousands of buttons and Indian trading beads
- wire-rimmed eyeglasses
- parts of prefabricated houses
- powder flasks
- whale oil lamps
- glass vials of perfume
- leather goods, including buggy whips, saddles, and boots (there is no right or left because they were made to fit either foot)
- skeleton of a horse tied to the boat (the saddle was still draped around its ribcage, the bit in its mouth, and the bridle around its head)
- an 1856 penny (this was the last artifact taken from the Arabia, found lying on the boat's deck)

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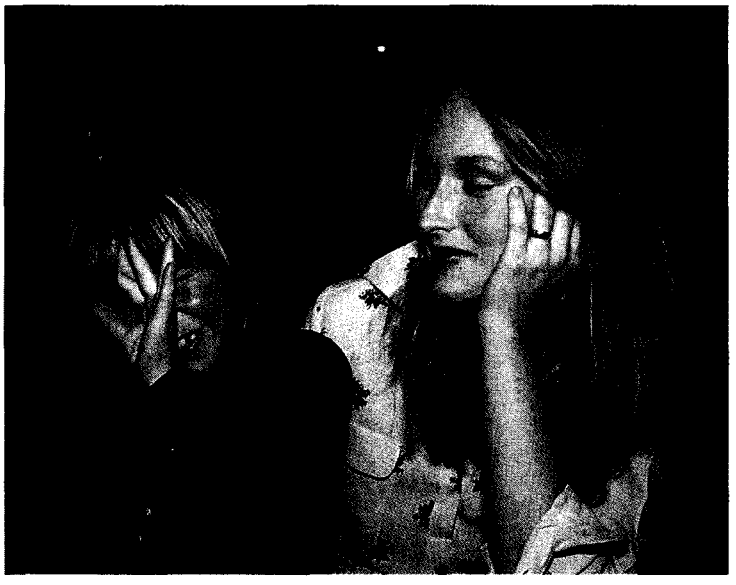
MERYL STREEP COMES CALLING

With a tape recorder between them, two friends shed the show-biz, high-viz life in favor of a little schnecken *and Ginger.*

by Wendy Wasserstein

Meryl Streep arrives at my apartment in Greenwich village, and I am terrified that my doorman will ask her to autograph one of his packages, or demand to know what Robert Redford is *really* like. Instead, the intercom buzzes and he nonchalantly announces, "Meryl's on her way up." But that's always been the thing about Meryl—for such an exceptional and acclaimed actress, she comes across as a mother (of three children), a wife (to sculptor Don Gummer), and a friend.

My memories of Meryl go back to the Yale School of Drama, when I was desperately avoiding Jacobean Drama and she was featured as Constance Garnett, the 90-year-old eminent translatrix in Christopher Durang and Albert Innaurato's hilarious literary amalgamation, *The Idiots Karamazov*. Meryl took stage for the entire performance in a wheelchair, dressed in Miss Haversham's wedding gown (designed by William Ivey Long), and translated while Christopher Durang as Alyosha played the Palace. She was riveting and unforgettable. Frankly, she cheered me up enormously.



Creativity runs in the family when mom is Meryl Streep, star, and dad is Don Gummer, sculptor. The couple has three little artists in residence.

Over the years, through a mutual friend, Meryl and I have always stayed in touch. She appeared in the PBS version of my play *Uncommon Women and Others*, taking over Glenn Close's role from the stage version. We see each other at baby showers, mutual friends' openings, ladies' lunches, and the various life-passage events. In between our meetings she's been to Africa, Australia, Poland; worked with Nicholson, De Niro, Redford; portrayed writers, artists, housewives, and émigrés. But Meryl remains consistent. Impressive but down-home. Glamorous but still intimidated by those who know too much about blusher.

We sit on the floor with the tape recorder, eating William Greenberg, Jr., pecan schnecken (please, not to be confused with rolls) and playing with my cat, Ginger. Meryl has just completed *A Cry in the Dark*, in which she portrays an Australian woman falsely tried for murdering her own child. Now she is devoting substantial amounts of time to environmental issues. We are afraid the interview will read like two old friends happily chatting rather than a high-viz life in the fast lane, but then I remember that my friend eating schnecken on the floor is an international draw.

Wendy Wasserstein: So, so what do you think?

Meryl Streep: To be totally honest, when I read most interviews I realize that I secretly hope someone will make an a— of themselves. At the same time, I very desperately want them to tell me something that's wise.

WW: And reassuring.

MS: Always reassuring. It's interesting that when you read these pieces you can be very judgmental and very needy at the same time. Ever since I've been doing this myself, I find it painful to read other people's interviews. At the same time, I'll think, *What a jerk*. It makes me very nervous when people trot out the thing that means the most to them.

WW: Read any good books recently?

MS: I don't have time to read a lot. And when I do, I read things that have just the facts. Now that I have these children, I'm just crazed about the world's making it to the next century, so I read all these things about global warming, thermal inversions—you know, no nonsense. I'm trying to find a place where I can contribute. I felt so helpless at a certain point, and I talked to so many people who felt the same way.

I don't want to have to think about these things. I would *rather* just retreat and make movies. But I have a daughter who will be 16 in the year 2000. And I remember what I was like at 16—how incredibly vast and exciting the choices were. My parents, I think, had a lot to do with making me feel that way. I just don't know if I'll be able to impart the same enthusiasm to my daughter—to all my kids—unless I really feel that I've done something to make the world better for them. So I've picked pesticides, and that's my thing.

WW: What are you doing?

MS: Well, I was just wild last summer because of all the stuff that hit the beaches. We had moved three hours out of New York City to be in a place that was pure and beautiful so we could raise our children, so to speak, in the sun. And it turns out we *really* are. The low-level ozone, which is over all of Connecticut, is seriously hazardous to your health.

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We'd been in Australia six months before. We had to cover the children with number-26 sunscreen every time they went outside. There is now apparently very little ozone over the entire continent, and there's more melanoma in Australia than anywhere else in the world. My dresser there was a girl a few years younger than I who had had three operations already; half her face had been carved away.

So I was barking about this in my kitchen, and finally my friends said, "Why don't you shut up and do something about it?" So I called the people at the Natural Resources Defense Council. [Robert] Redford had recommended them.

I called them and I said, "I don't know what I can do, but I'll do anything." And they said, "Well, funny you should call, because we have this report about pesticides and children's diets that is going to come out in January. It is so shocking and upsetting, and we really need a spokesman for it."

There was a pesticide bill in Congress. It had been on the desk 12 years. You know, if you want to put a drug on the market, you have to prove it's safe first and *then* you can market it. But as for these pesticides, they're all out there untested, and if you want to get them *off* the market, you have to prove that someone got cancer from them. That's why it took 12 years to get DDT off the market.

In 1972 the law said they would have to start testing all 600 substances out there. But the chemical lobby was so strong that they were able to insert that the EPA was obliged to pay for this testing. Then, if the EPA wanted to ban any pesticide, they had to *buy back all the existing stock at full market value* from the company. The EPA! The government! You and me! Then the EPA had to store it safely, which is expensive, and then—probably the most expensive thing of all—the EPA had to dispose of it cleanly and properly. That's the law that was on the books. So I went to Washington with the lawyer from the NRDC.

To make a long story short, we talked to a bunch of senators and representatives, and this bill that's been sitting there for 12 years passed. The result is that chemical companies and pesticide manufacturers now have to register all the poisons that are out there. *They* have to pay for them to be tested. If the EPA then says that they have to be banned, the *pesticide manufacturers* will have to pay to store them safely or have them disposed of, and the EPA will oversee the disposal.

Of course, there are holes in the bill, like a nine-year timetable, for one. And it doesn't deal with residues on food—that's the FDA. The NRDC report is going to point out that all the food we eat is allowed to have a certain amount of chemicals in it. But the tolerances are based on the diet of an 18-year-old, 160-pound adult male. A baby girl may consume 20 times the fresh fruit and produce for her body weight, so she gets 20 times what they say is a safe tolerance level. And she gets it when her immunological system isn't formed yet.

Chemicals may be why a lot of women are having trouble getting pregnant, why there's a lot of breast cancer in younger women, and why there is all of this environmental leukemia. When I thought about it, I remembered that my grandmothers lived to be 94 and 96, and my mother and father are in great health,

Daily Polish lessons prepared Streep for her Oscar-winning role in *Sophie's Choice*, opposite Kevin Kline. Oscar No. 1, for *Kramer vs. Kramer*, earned praise from Jack Lemmon and Cloris Leachman.

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kinehara. I realized that when my grandparents and my parents were children, *nothing* they ever touched had *anything* on it. Nothing we or our kids eat is *not* tampered with.

WW: If you weren't an actor, what would you do?

MS: What would *you* do if you weren't a playwright?

WW: I don't know. I don't know if, by now, I could go to an office every day.

MS: I think I could. I like the routine of working, of going in every morning and "Hi! Hi!" and coffee and everything.

In *Out of Africa,* Streep's Baroness Karen Blixen-Finecke endured syphilis, divorce, and loss of her lover and her plantation in Kenya.

WW: I think that I would do something with more social responsibility.

MS: In our local paper everybody is bemoaning the fact that there are not enough volunteers anymore. But volunteering is an upper-middle-class thing. People who have a lot of money do it. It's what I'm doing: every 18 months I make a big movie, and then I have time to sit and read all about pesticides. My friends up here are just barely holding it together. They have 6½ minutes to talk to their husbands at night. Otherwise they're feeding the kids, supervising their homework and the household, and doing their own jobs. They don't have time to read about environmental poisons; they told me they were glad I was telling them about it.

The only reason I felt I could do anything about it is that I live in a town of 5,000 people. I know a lot of them. I mean, the whole global-village idea is at work—you are responsible for everything, even your garbage. I never felt that in New York. There I felt free; I could say, "It's not my problem."

When I was in Norway and the other Scandinavian countries, I couldn't help noticing how well they manage. They take care of everybody; the health and welfare systems seem strong. There isn't this teeming underclass of dead-end despair. Of course, Norway has 4 million people—as many as Chicago. In all of Australia there are 16 million people. That's not very many more than in the New York metropolitan area. It's no wonder one feels unable to do anything here.

WW: Well, here you just struggle to get by every day—if you can get a taxi.

MS: Yes, and you're exonerated from blame just for living here. Here it's so big that you don't have to pay attention to these things—you just have to pay attention to getting ahead or being an artist or whatever else it is that you're doing.

I don't *want* to analyze everything I'm putting in my kids' mouths. But the food supply has been screwed up. It's all tampered with. It's like the Tylenol bottles. Somebody's been in there. I have much more interesting things to do with my time—lots of scripts and things that are more interesting. But if you have a brain, you are obliged to use it.

WW: Do you ever think about directing or producing or taking control in some way?

MS: I never, never have. I have thought about directing in the theater, because it's a smaller field. I have a pathological hatred of the telephone—I hate to have it on my ear—so I wouldn't be good at producing. But directing in the theater—I've always thought that I would do that at some point.

WW: What would you direct?

MS: I would like to direct a new play. I don't want to have to deal with somebody else's precedent. Do you know what I mean? Maybe at some point, after I felt confident, I'd move on to something that had been done before.

WW: I think you'd be good at it.

MS: I really have a great respect for, and an understanding of, the craft of acting. So many people who write about the movies don't understand either the process or the creation of the actor. They don't know what it is. I've been thinking about this for a long time. I always wanted to get together a group of actors and talk about the process and then write it all down and send it to all the major critics so they'd know what actors do.

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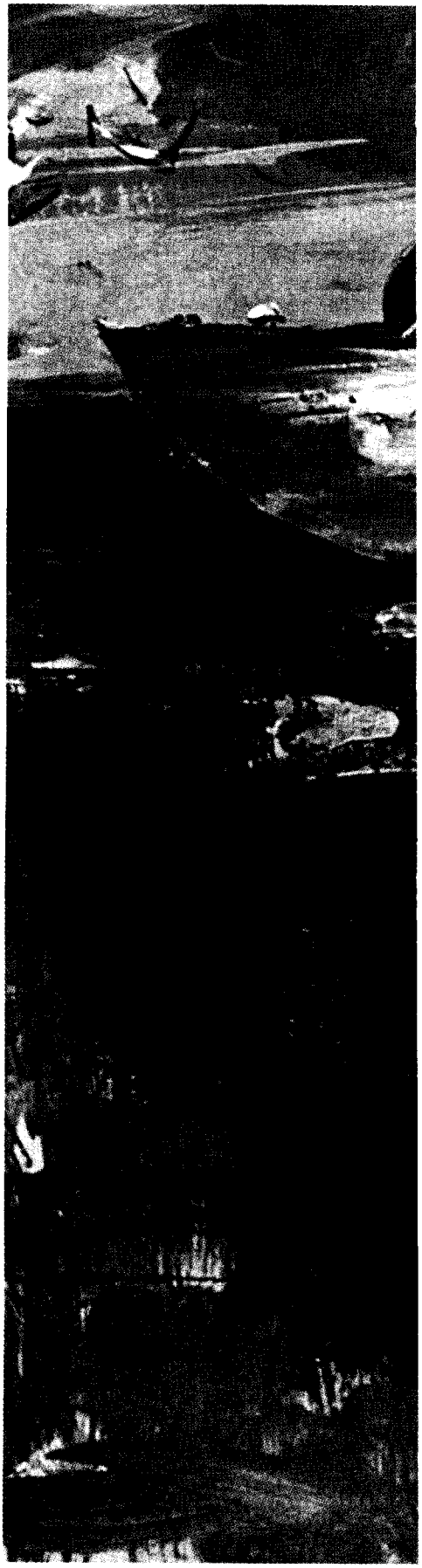
A STREET OF BUGLES



I would build a hundred-foot schooner by hand and pound in the nails with my teeth, if I could just hear them blowing loud and clear!

Every night, before he went to sleep, he saw a parade passing right before his eyelids. There was the public librarian and Mr. Cain of Cain's Dime Store and his boss down at the shipyards and the town drunk and the preacher. Everyone in Balton was there, smiling gently and slowly, nodding as they came abreast of him—everyone who'd known him since he was born. Against the surrounding darkness their faces were bright and warm; their pace was stately, and they wore triumphant reds and purples that swept the ground as they walked past.

He took up his pistol and he shot them all down. One by one they fell, leaving not bodies but simply empty space, like a wooden duck would leave in the line at a county-fair shooting gallery. Each time he shot there was a kick from the gun that shook his whole body, but it left him tired and peaceful and his mind was cleared for sleeping.

He woke that morning with his mother saying "Sammy" in the doorway, standing there already anxious and frazzled, with her hands pulling nervously at the cord of her bathrobe. "You'll be late for work, Sammy," she said.

There were bars of light across his face from the morning sun coming through the blinds. He groaned and turned away from the light, but his mother still stood there, knowing he wasn't awake enough yet for her to leave him alone.

Illustration by Ray Prohaska

By Anne Tyler

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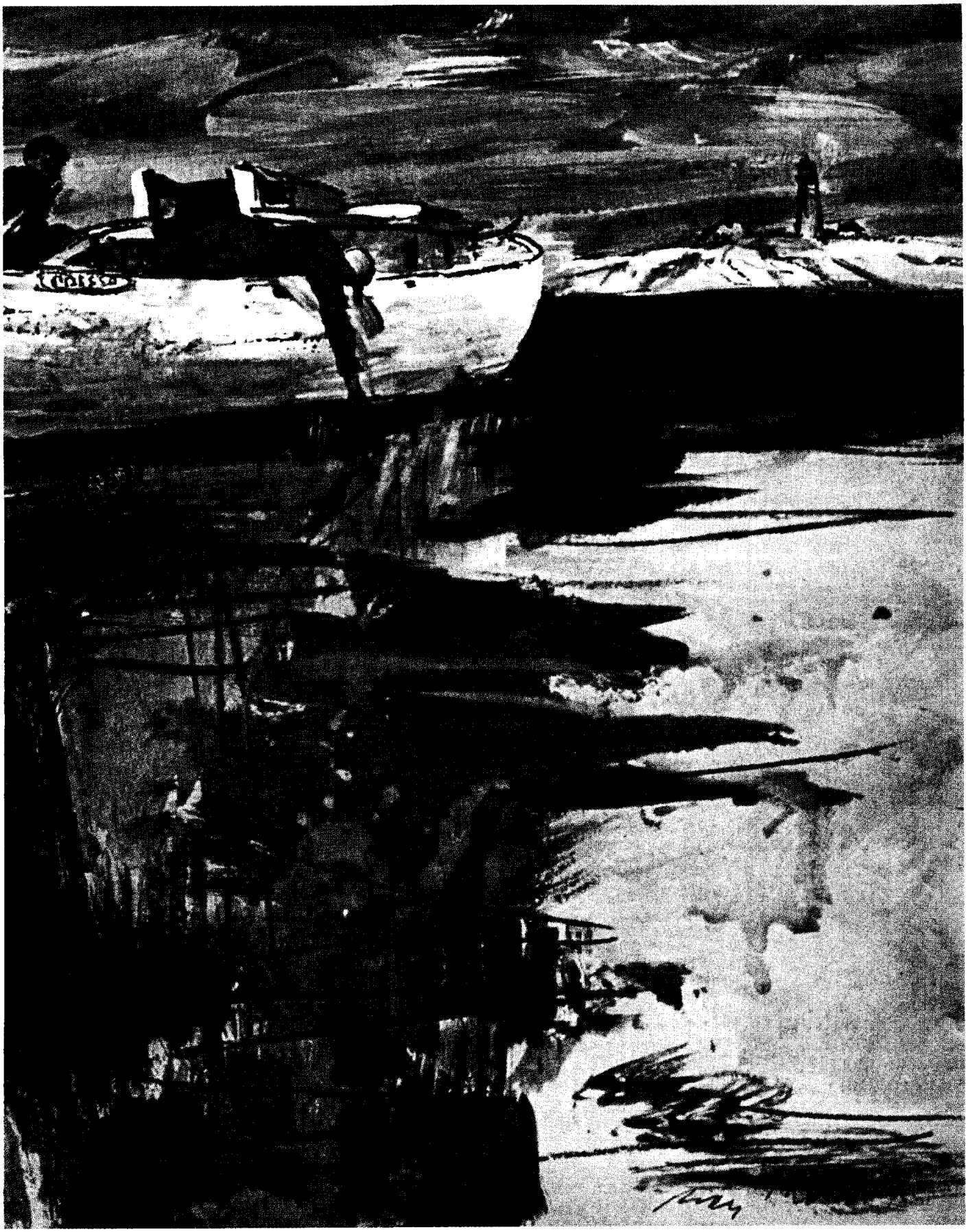

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"You getting up?" his mother asked.

He sat up and peered at her, and only then did she leave. The sound of her scuffing slippers slid farther and farther away, down the narrow hallway and into the kitchen, where coffee would be perking now to start off Sammy's day. He turned back toward the window and peered out, his young face blank from sleep and his hair tousled.

Below his window and down the slope lay Balton Harbor, with the Balton shipyards and the little town of Balton cuddled neatly around the black water. He could already hear the harbor noises--the far-off hum of boat engines, the jagged buzz of electric sanders and saws and drills, the pealing of the bell in the clock tower that stood on Samson Hill. As he dressed he separated the noises from one another, naming them, knowing each sound exactly and knowing if anything was different today. A yawl went by; he knew without looking whose it was, and that the engine would surely be in the shipyards within a week for him to work on, if its owner had any engine sense.

He put on his blue coveralls, which were stained with grease from probably every boat in Balton Harbor, and splashed cold water on his face before he went to breakfast. The water made his eyes suddenly wide-awake, and things struck him more clearly. When he came to the kitchen and saw his mother's red-checked tablecloth, he blinked a couple of times at the sharpness of it.

"What you want for breakfast?" his mother asked.

"Just coffee, Mum."

"Nothing else?"

"Coffee and a couple of cigarettes," he said. He pulled out a chair and sat down with his legs sprawled out in front of him, and grinned at his mother.

"Sammy, you got to start eating more."

"I'm not hungry yet, Mum."

"You will be. How'd you like some bacon?"

"Nope."

"Some coffeecake?"

"Nope."

His mother poured him a cup of coffee and sat down opposite him, her hands clasping the table edge and her whole face strained toward him. She was a very thin woman, the kind that went whole nights without sleep. Her husband had had itchy feet and died someplace down South, a thousand miles from Maine and from her, and her older son, Phillip, had inherited those itchy feet and was gone from her forever. Anyone who didn't know these things about her could have told it from her eyes, which seemed to be asking the same question over and over, and from her hands, which kept reaching out and touching people, almost grasping them, and then by sheer will were drawn in again quickly and folded in her lap.

"I make a small commission on the money I earn. The rest goes to the IRS."

Only once during breakfast did she touch Sammy. She reached out and touched the top of his head, where his hair grew thick and fair, falling down over his forehead. He smiled at her, and she put her hand on the table. "I could scramble some eggs," she said.

"No, thanks, Mum."

He stood up and took his cap from the counter, and she followed him to the door. "Be careful," she said.

"I will."

He set off down the little path toward the harbor, and his mother stood watching after him. She watched the bobbing of his head, the blue of his coveralls flashing through the weeds, and then she waved at his back and went inside, smiling a little, a crease between her eyebrows.

Halfway down the path Sammy was joined by a group of children, the same ones who trooped behind him on every other day of the summer. A little boy named Porter led them; he came silently up behind Sammy and said, "Hello, Sammy," and tugged gently at the sleeve of Sammy's coveralls.

"Hello, Sammy," the children said.

"Hi," Sammy said. He took off his cap and put it on Porter's head, backward, so that the visor hung down the back of his neck, and Porter grinned and straightened the cap around right.

"You going to the launching?"

"Sure am," Sammy said.

"You going to be *in* the launching?"

"Yep."

Porter drew in his breath with a little whistle, and the other children echoed him, seriously, a chain reaction down the line. "Don't I wish I were *you*," Porter said.

Sammy grinned. "I'll just be on the boat when she slides out," he said. "Along with Barney. She ain't got her masts in yet, so we'll run her with the engine over to the wharf. It's the *Hope*'s old engine, so we can start ourselves without the factory man."

"You seen her up close yet?"

"Ayeh."

"How big is she?"

"Oh, little. Thirty feet maybe, I don't know. Prettiest boat they've made for years, though."

The path descended a rocky bank so steep they all had to run as they went down. Rocks and sticks scattered beneath them, and their shoes slid. One of the children, the smallest little boy, stumbled and came sliding down most of the way on his stomach, but he didn't cry, just looked up with round eyes while the other children dusted him off. Sammy handed him a handkerchief for his hands and looked off toward the harbor, where a few sails were already up and some fishing boats were puttering out to sea. It would be a good day for boats. The water gleamed in the sun, and the

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shipyard wharf, running up one side of the harbor, seemed new and almost white.

"I can spell 'etiquette,' " Porter said at his elbow.

"Good for you," Sammy said.

"Can I go on the *Odessa* with you when they launch her?"

"Nope." He took the cap from Porter's head and put it on his own, pulling the visor down over his eyes so that he wouldn't have to squint against the glare of the water. "It won't take more than 15 minutes anyway; you wouldn't have time to notice you were on her."

He ruffled Porter's hair and grinned at the other children. "So long," he said.

"Can we walk you back home again tonight?"

"If you want."

They scattered away, with little cries like far-off sea gulls, and their feet pattered up the bank. The little one who had fallen before fell again, not very hard, and when Sammy saw that he wasn't hurt he went on his way toward the shipyards.

The shipyards were mainly the one wharf, already warm from the sun, with a cluster of small boats tied up to the pilings. Behind that was a great barnlike building, opening on the outer harbor, where all the shipbuilders worked. Sammy spent most of his time working on boats already out on the sunny water, but they were launching the *Odessa* this morning, and he climbed over the rocky hillock that separated the wharf from the big shed and walked inside, into the cool darkness. Everything smelled of new lumber. The first thing he saw was the network of wood that was to be another boat someday—even better than the *Odessa*. It was like a fisherman's net, tight and graceful. Just looking at it, he could feel the shape on his fingertips, and he stared at it a long time before passing on to the *Odessa*.

Around the *Odessa* there were maybe 50 people, all crowded together and leaning forward so they could see the iron tracks that were to slide the boat into the ocean. Sammy wormed his way through them, trying to keep his greasy coveralls away from the people nearest him.

"There's Sammy," a girl called out from a rafter.

Some children waved to him, and the adults turned to smile at him.

"How's your mother, Sammy?"

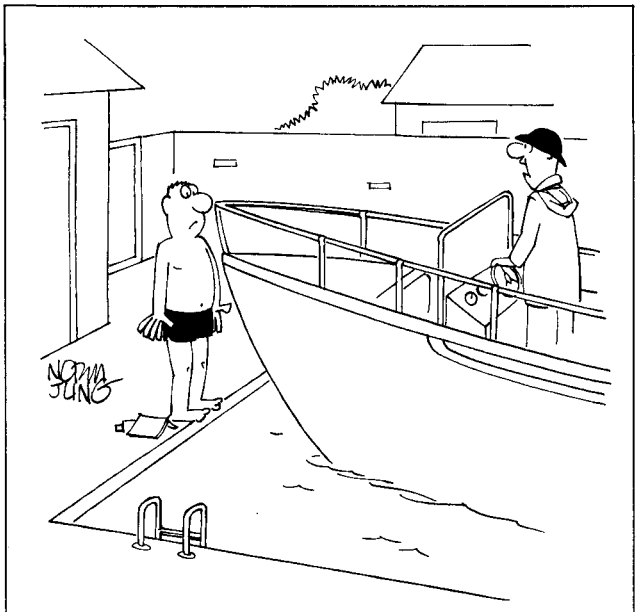
"She's fine, ma'am."

"Why don't you ever come by for supper anymore?"

"Sammy, what you think of this boat here?"

"You going to be on her at the launching, boy?"

"Hear the owner can't even sail himself; you going to run the engine?"



"Sorry, I must have taken a wrong turn somewhere."

Sammy worked sideways through the people, smiling at them as he passed, and dropped into the pit above which the boat was to begin her journey.

"How's it going?" he asked Barney.

Barney looked up at him. "They're greasing the tracks," he said. "About five minutes more, I guess."

He was a small man, gray and wrinkled, wearing mechanic's coveralls exactly like Sammy's. He was so small that he had to look up at everyone, and his forehead had taken on permanent creases that made him look constantly surprised. "Come and meet Mr. Flint," he said. "He's the owner; might be a good man for you to know if you ever want a job away from here."

Mr. Flint was a big red-faced man. Sammy had seen him standing around the shipyard on sunny days.

"You're Sammy, huh?" he said.

"Yes, sir."

Mr. Flint shook his hand, looking into Sammy's face. "Heard a lot about you," he said. "You're kind of the fair-haired boy around here, from what they say."

"Best man I've got," Barney said. He looked surprised at himself, and clamped his mouth shut again.

"Think you and Barney can bring her in O.K.?"

"Yes, sir," Sammy said.

"We'll do it," Barney said. "Sammy knows how. Would've gone off to college, Sammy would, if it weren't for taking care of his mother and such."

"Well, I'll trust her with you," Mr. Flint said. "If we could all get ready now . . . " and he went stomping off, over to where old Captain Harding was showing Mr. Flint's wife about the bottle of champagne.

When Sammy was actually on the boat, he could see everything that was taking place. The children on the rafters were quarreling about who would get to blow the bugle, the adults were pressing closer and closer, and Mrs. Elliott's two-year-old fell into the pit by mistake. They had no sooner recovered him than a sawhorse got dropped in, too, and a group of little boys clambered down to pull it out again. At the bow Captain Harding was having the time of his life, swinging the champagne bottle as if it were a baseball bat to show Mrs. Flint how to do it, while Mrs. Flint, dressed all wrong in a bare-backed sundress and little bits of nothing for shoes, stood gracefully by and looked worried.

"All set, Sammy?" someone asked.

And a group of girls in the back called, "Good-bye, Sammy!" and waved thin bare arms above the others' heads.

Sammy smiled and sat down on the little deck. He could feel all around him the tightness of the boat, the hard strips of teakwood that made up the deck, and the graceful curves

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TRAVELS ON MY STOMACH

by Maynard Good Stoddard

Illustrated by Don Trawin

If you've ever wondered whether it's true that your whole life passes before you at moments of grave (or near-grave) crises, I now have the answer. It's yes.

I don't mean to claim that at my age (which is none of your business) I had time to run through my entire wall-to-wall life while I slid off a porch roof without benefit of ladder—which my dear wife had borrowed without my knowledge. But before arriving at the spirea bushes below, I had pretty well reviewed the mileage my body had racked up from similar escapades.

The flashback flashed back to the tender (and I do mean tender) age of 11 and the girl upon whom I had already squandered five cents for a vanilla candy bar. And I was not about to see my investment go down the drain for lack of derring-do. I would impress her if it killed me. And it was close, real close.

At the first snowfall, I unhooked my sled from its peg in the granary and took it to school. When this little blonde beauty came outside during lunch hour, I carried my sled back about a mile and a half to get a running start and belly-flopped on it right in front of her. Unfortunately, I had forgotten to remove the summer's accumulation of rust from the runners. And I had selected for my landing spot a stretch of gravel only lightly covered with snow. The sled, of course, didn't go anywhere. But I did. Scraping across it and for another ten feet beyond, I was relieved of the outer layer of skin from my entire abdominal area. And I had to gather up my sled and slink around to the other side of the schoolhouse before I could scream.

Our porch roof being at least a dozen feet from starting place to drop-off point, I also had time on the way down for an instant replay of the bicycle episode that cost me still another layer of hide from my beleaguered frontal area.

Because I had no wheels of my own, getting a ride from one of the more fortunate required good old American cash—five cents from the top of the grade to the corner being the going rate. If you have never ridden down that grade north of Richfield Center (Michigan, that is), you won't appreciate why, with the wind in your hair and the open road before you, you are determined to get a little more bang for your buck—or mileage for your money, in this case—by whizzing right on past the bike owner waiting at the corner.

Considering the bang I got for my nickel, I was lucky not to have to pay a quarter. As I whizzed past, the owner ran out and grabbed the handlebar. This left me no alternative but to go sliding up the gravel road on my ill-fated undercarriage, which, had it not been for the support of my elbows and knees, might well have shed its entire seven layers. (Or am I confusing this with a cow's seven stomachs?)

As I approached the eaves, there flashed across my mental screen the image of my high dive off the banks of the Flint River where it meanders past Puptown, just north of Richfield. Advice from veterans of the dive was to get a good running start, for the edge of the bank was some six or eight feet from the water, and to "dive down, not out," to avoid a painful belly flop.

How far I went back to get a start I won't say, for

Does your whole life pass before you at moments of grave crisis? Yes.

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fear of exaggeration. Far enough, anyway, that when I arrived at the leap-off point I was all in. This allowed me no choice but to follow instructions and dive down. Evidence of my belly flop through the underbrush along the riverbank may still be visible today. My head was the only part of me to reach the water.

• • •

It's really surprising how many scenes a mind can whip through during its final fling on earth. How far it is from our porch roof to the ground I'm not sure. As I was going over the edge, I pegged it at around 25 feet. It could be less. Whatever—it still allowed time for a replay of the Fourth of July when again I came up short of midriff, as well as lowriff, epidermis.

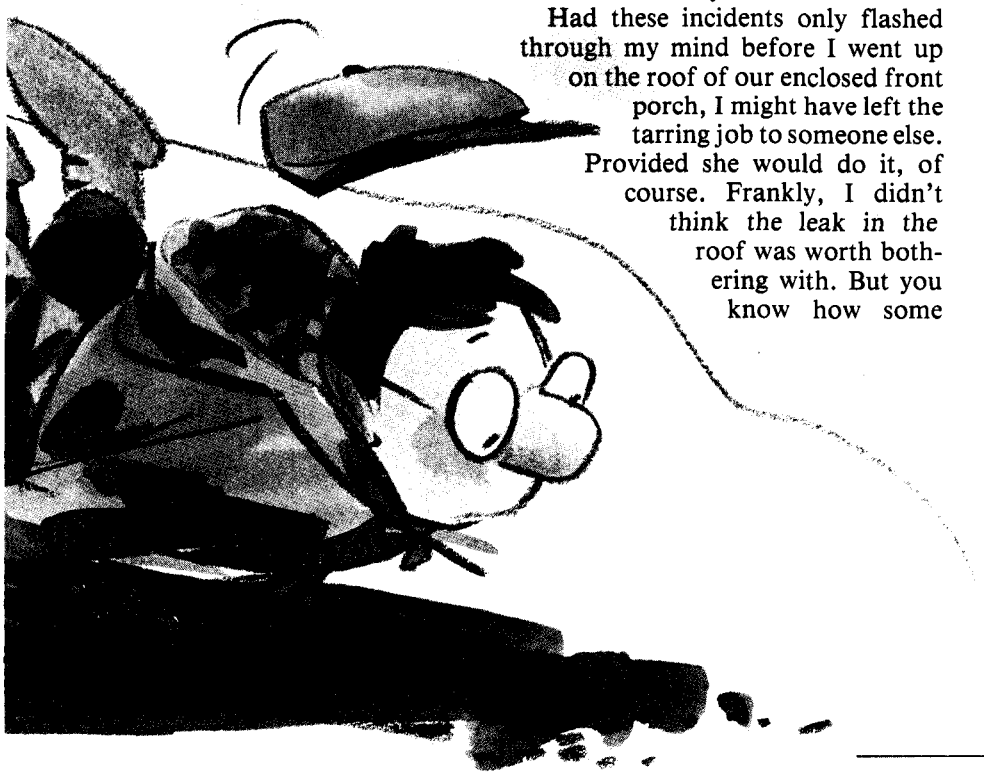
The town of Davison was combining a celebration of the Fourth with the dedication of its first paved block on Main Street. For the gala occasion I had tucked into the watch pocket of my corduroy pants several explosives, about the size of a quarter, only thicker, known as Devil's Chalk. Rubbed along a hard surface, they would spark and flame and smoke and jump around like crazy.

So armed, I joined the rabble of kids stretching from curb to curb, in some places two deep, all eager to race toward the ribbon shimmering in the sunlight at the other end of the paved block. I heard the starter yell, "Ready . . . set . . . go!" and go I did. For maybe—oh, it must have been a couple of yards, before my legs and another pair of legs intertwined, and down I went. Whatever the distance I totaled on my stomach that day, it was enough to activate my entire inventory of Devil's Chalk.

I had tucked into the watch pocket of my corduroy pants several explosives. Rubbed along a hard surface, they would spark and flame and smoke and jump around like crazy.

As I jumped up, with smoke rising, sparks shooting, and the front of my pants beginning to disintegrate, Ray Richards, who owned the men's clothing store, sensing that something was wrong, ran out and began beating on me. By the time the smoking and the sparking and the jumping around was over, I had again lost a sizable section of abdominal hide. And I spent the rest of the gala in the back seat of the family Model T.

Had these incidents only flashed through my mind before I went up on the roof of our enclosed front porch, I might have left the tarring job to someone else. Provided she would do it, of course. Frankly, I didn't think the leak in the roof was worth bothering with. But you know how some women are when they are trying to knit while holding umbrellas over their heads. So you begin looking for the hole in the roof or you begin looking for another wife.



You've heard of the play *Cat on a Hot Tin Roof*? The summer sun had been shining on this sucker for at least ten hours that day. And maybe you've been on a roof having a pitch so steep that you have had to lie flat out in order to stay up there. Because I had had to inch my way clear up from the house eaves to locate the place where a few nails had pulled out and the water had poured in, my belly was already done to a turn before I began tarring.

Crawling straight up from the ladder, I figured that if worse came to worst and on the way back down I began slipping, my feet would contact the ladder and I would stop. On the other hand, if worst came to terrible and I had attained enough momentum to cause the ladder to go over backwards, I could catch the lower branch of the locust tree directly behind it. From there I would have to formulate plans for reaching the ground in one piece.

As it was, as I began to slide, instinctively I grabbed for the bucket of tar. Luckily it tipped over, coating my entire right side and slowing my progress considerably. Upon again gathering speed, I looked around to make sure my feet and the ladder were in alignment.

No ladder.

As I lay there behind the spirea bushes, one ear plugged with tar, vaguely I heard my dear wife say, "Let me know when you want the ladder. I'm pulling ivy off the siding."

I should have thought of this earlier in life, but it's never too late, as the saying goes. The next time I'm in Spencer, I'm going to look for a catcher's chest protecter, X-Large. One that will come down to my knees. It may raise a few eyebrows, to be sure, and I may find it somewhat of an impediment when it comes to leaping into the air and clicking my heels. But on the brighter side, I'm not leaping and clicking all that much anymore.

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WE CAN'T MAKE IT WITHOUT RELIGIOUS VALUES

"There is little hope for democracy if the hearts of men and women . . . cannot be touched by a call to something greater than themselves."

by Prime Minister Margaret Thatcher

While reading recently, I came across the starkly simple phrase: "Christianity is about spiritual redemption, not social reform."

Sometimes the debate on these matters has become too polarized and has given the impression that the two are quite separate.

Most Christians would regard it as their personal Christian duty to help their fellow men and women. They would regard the lives of children as a precious trust. These duties come not from any secular legislation passed by Parliament, but from being a Christian.

But there are a number of people who are not Christians who would also accept those responsibilities. What, then, are the distinctive marks of Christianity?

They stem not from the social but from the spiritual side of our lives. I would identify three beliefs in particular: First, that from the beginning man has been endowed by God with the fundamental right to choose between good and evil. Second, that we were made in God's own image, and therefore we are expected to use all our *own* power of thought and judgment in exercising that choice; and further, if we open our hearts to God, He has promised to work within us. And third, that Our Lord Jesus Christ the Son of God, when faced with His terrible choice and lonely vigil, *chose* to lay down His life that our sins may be forgiven. I remember very well a sermon on an Armistice Sunday when our preacher said, "No one took away the life of Jesus; He chose to lay it down."

I think back to many discussions in my early life when we all agreed that if you try to take the fruits of Christianity without its roots, the fruits will wither. And they will not come again unless you nurture the roots.

But we must not profess the Christian faith and go to church simply because we want social reforms and benefits or a better standard of behavior—but because we accept the sanctity of life, the responsibility that comes with the freedom, and the supreme sacrifice of Christ expressed so well in the hymn:

"When I survey the wondrous Cross
On which the Prince of glory died,
My richest gain I count but loss,
And pour contempt on all my pride."

Bible Principles—Relevance to Political Life

The Old Testament lays down in Exodus the Ten Commandments as given to Moses, the injunction in Leviticus to love our neighbor as ourselves, and generally the importance of observing a strict code of law. The New Testament is a record of the Incarnation, the teachings of Christ, and the establishment of the Kingdom of God. Again we have the emphasis on loving our neighbor as ourselves and to "do as you would be done by."

I believe that by taking together these key elements from the Old and New Testaments, we gain:

A view of the universe,
A proper attitude to work,
And principles to shape
economic and social life.

We are told we must work and use our talents to create wealth. "If a man will not work he shall not eat," wrote St. Paul to the Thessalonians. Indeed, abundance rather than poverty has a legitimacy which derives from the very nature of Creation.

Nevertheless, the Tenth Commandment—Thou shalt not covet—recognizes that making money and owning things could become selfish activities. But it is not the creation of wealth that is wrong but the love of money for its own sake. The spiritual dimension comes in deciding what one does with the wealth. How could we respond to the many calls for help, or invest for the future, or support the artists and craftsmen whose work also glorifies God, unless we had first worked hard and used our talents to create the necessary wealth?

None of this, of course, tells us exactly what kind of political and social institutions that we should have. On this point, Christians will very often genuinely disagree, though it is a mark of Christian manners that they will do so with courtesy and mutual

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respect. What is certain, however, is that any set of social and economic arrangements which is not founded on the acceptance of individual responsibility will do nothing but harm. We are all responsible for our own actions. We cannot blame society if we disobey the law. We simply cannot delegate the exercise of mercy and generosity to others.

Political Action and Personal Responsibilities

The politicians and other secular powers should strive by their measures to bring out the good in people and to fight down the bad—but they can't create the one or abolish the other. They can only see that the laws encourage the *best* instincts and convictions of the people, instincts and convictions which I am convinced are far more deeply rooted than is often supposed.

Nowhere is this more evident than in the basic ties of the family, which are at the heart of our society and are the very nursery of civic virtue.

You will recall that Timothy was warned by St. Paul that anyone who neglects to provide for his own house—meaning his own family—has disowned the faith and is "worse than an infidel."

We must recognize that modern society is infinitely more complex than that of Biblical times, and of course, new occasions teach new duties. In our generation, the only way we can ensure that no one is left without sustenance, help, or opportunity is to have laws to provide for health and education, pensions for the elderly, and succor for the sick and disabled.

But intervention by the state must never become so great that it effectively removes personal responsibility. The same applies to taxation, for while you and I would work extremely hard whatever the circumstances, there are undoubtedly some who would not unless the incentive was there. And we need *their* efforts too.

Religious Education

Recently there have been great debates about religious education. I believe strongly that politicians must see that religious education has a proper place in the school curriculum.

The Christian religion—which, of course, embodies many of the great spiritual and moral truths of Judaism—is a fundamental part of our national heritage. I believe it is the wish of the overwhelming majority of people that this heritage should be preserved and fostered. For centuries it has been our very lifeblood. Indeed, we are a nation whose ideals are founded on the Bible.

Also, it is quite impossible to understand our history or literature without grasping this fact. *That* is the strong practical case for ensuring that children at school are given adequate instruction in the part which the

> *"The Christian religion . . . is a fundamental part of our national [British] heritage. . . . For centuries it has been our very lifeblood. Indeed, we are a nation whose ideals are founded on the Bible."*
>
> —Margaret Thatcher

Judaic-Christian tradition has played in molding our laws, manners, and institutions. How can you make sense of Shakespeare and Sir Walter Scott, or of the constitutional conflicts of the 17th century in both Scotland and England, without some such fundamental knowledge?

But I go further than this. The truths of the Judaic-Christian tradition are infinitely precious, not only, as I believe, because they are true, but also because they provide the moral impulse which alone can lead to that peace, in the true meaning of the word, for which we all long.

Tolerance

To assert absolute moral values is not to claim perfection for ourselves. No true Christian could do that. What is more, one of the great principles of our Judaic-Christian inheritance is tolerance.

People with other faiths and cultures have always been welcomed in our land, assured of equality under the law, of proper respect, and of open friendship.

There is absolutely nothing incompatible between this and our desire to maintain the essence of our own identity. There is no place for racial or religious intolerance in our creed.

Christians and Democracy

When Abraham Lincoln spoke in his famous Gettysburg speech of 1863 of "government of the people, by the people, and for the people," he gave the world a neat definition of democracy which has since been widely and enthusiastically adopted. But what he enunciated as a form of government was not in itself especially Christian, for nowhere in the Bible is the word "democracy" mentioned. Ideally, when Christians meet, as Christians, to take counsel together, their purpose is not—or should not be—to ascertain what is the mind of the majority but what is the mind of the Holy Spirit—something which may be quite different.

Nevertheless, I am an enthusiast for democracy. And I take that position not because I believe majority opinion is inevitably right or true: indeed, no majority can take away God-given human rights. But because I believe it most effectively safeguards the value of the individual, and more than any other system, restrains the abuse of power by the few. And that *is* a Christian concept.

But there is little hope for democracy if the hearts of men and women in democratic societies cannot be touched by a call to something greater than themselves. Political structures, state institutions, collective ideals are not enough. Parliamentarians can legislate for the rule of *law*. The Church can teach the life of faith.

For, when all is said and done, a politician's role is a humble one. I always think that the whole debate about the Church and the State has never yielded anything comparable in insight to that beautiful hymn "I Vow to Thee My Country." It begins with a triumphant assertion of what might be described as secular patriotism, a noble thing indeed in a country like ours: "I vow to thee my country all earthly things above; entire, whole and perfect the service of my love." It goes on to speak of "another country I heard of long ago" whose King cannot be seen and whose armies cannot be counted, but "soul by soul and silently her shining bounds increase." Not group by group or party by party or even church by church, but soul by soul—and each one counts.

That is the country you chiefly serve. You may fight your causes under banners of many different churches. Your success matters greatly—as much to the temporal as to the spiritual welfare of the nation.

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BUTTERFLY PARADISE

"Kill not the moth nor butterfly,
For the Last Judgement draweth nigh."—William Blake

by Burke Day

Each of us has his own version of paradise. Few of us do anything to reach it. Fortunately for butterflies and butterfly lovers, one woman has created her paradise on a slice of land in Pine Mountain, Georgia.

The Day Butterfly Center —honoring the founder of Days Inns, the late Cecil B. Day, Sr.—is the idea of Day's wife (now Deen Day Smith). During a trip abroad in 1986, Mrs. Smith visited butterfly displays in London and Scotland. She returned from the trip determined to build an even better butterfly center in America.

Mrs. Smith envisioned Callaway Gardens, a 2,500-acre horticultural and recreational resort 70 miles southwest of Atlanta, as a natural spot for the center, but convincing Callaway's board of directors wasn't easy. Callaway's CEO and president, Hal Northrop, says, "When Deen Day Smith approached me with her idea, I didn't know exactly how to respond. 'How can one justify millions of dollars for butterflies?' I kept asking myself."

Mrs. Smith arranged for Northrop to see in Europe what she had seen. After his trip, he recommended that Callaway's board of directors fly with the idea. "The rest is history," Northrop says. "The Day Butterfly Center fits in with our emphasis on recreation and conservation. It has been a well-received addition to Callaway Gardens."

Callaway Gardens is the creation of Cason Callaway, a textile industrialist and naturalist. He planted his gardens for what he saw lacking in the future —conservation of nature. The $5.3 million Day Butterfly Center sits on a 4½-acre section, 1½ acres of which are devoted to outdoor gardens used to teach visitors how to plant butterfly gardens in their own backyards.

Paul G. Beswick

Sidewalks shaped like butterfly wings wind around the Day Butterfly Center buildings, including the 8,000-square-foot glass-enclosed conservatory, the largest in the world.

Paul G. Beswick

The marvels of butterfly life unfold up close for children visiting the conservatory. In the natural setting, the butterflies go about their business while visitors intently watch.

In the Day Butterfly Center's 15,000-square-foot building, visitors can watch a butterfly documentary in the theater, walk through the lobby adorned with a handmade carpet embroidered with Georgia's state butterfly, and shop for souvenirs at the gift shop. In the art gallery visitors can view a rare collection of original 19th-century butterfly watercolors by Chevalier de Freminville and illustrations of birds, butterflies, and other insects by the 19th-century Englishman John Abbot.

The center's focal point is the glass-enclosed octagonal butterfly conservatory —at 8,000 square feet, the largest of its kind in the world. Entering the conservatory is like magically stepping into the center of a diamond. The 854 glass panes splinter sunbeams around shadows cast by African palms, imported ferns, and brilliant flower beds.

A computer maintains a constant temperature of 78° F. A tropical humidifying system designed exclusively for the center creates occasional rainbows on cold winter mornings. The 60 species of butterflies and moths take to the conservatory like refugees seeking shelter.

Most butterfly houses in Europe, the South Pacific, and America are primarily commercial showcases. Visitors must view either live butterflies in a screened-in room with a confining eight-foot ceiling or pin-mounted butterflies beneath glass. Most of the world's 50-odd butterfly sanctuaries farm the butterflies for sale. But the Butterfly Center's conservatory is designed, conceived, and constructed specifically *for* the butterfly. Rather than merely "seeing" the butterflies, visitors can "experience" them in a habitat similar to nature's offering.

The butterfly's traditional habitat—the great outdoors—can be described as a paradise lost. In the past 50 years, the butterfly has forfeited ground to sprawling regions of con-

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crete and steel in the United States. "Xerces is dead!" San Franciscans lamented in 1943 when their local butterfly became extinct. For centuries, the Xerces Blue butterfly abounded on the San Francisco peninsula until the combined effects of industry, development, and ornamental landscaping depleted food sources of its larvae. The Xerces Society—in Portland, Oregon—bears the name of the extinct butterfly and speaks out for invertebrate preservation.

A shrinking natural habitat is the butterfly's greatest problem, especially in the tropical rain forests of South America. Logging, farming, and development uproot approximately 100,000 acres of rain forests per day. Left unleashed, earth-moving machines will strip the world's lush tropical rain forests bare within 100 years and endanger each delicate element of the region's ecosystem.

These are not the only headaches butterfly lovers must bear without benefit of aspirin. Butterflies' most numerous natural predators other than birds—widespread use of pesticides, severe weather (such as hurricanes), and large-scale collecting of already rare species—are combining to drastically reduce their numbers.

The predicament poses environmental threats many countries are recognizing. Butterflies, the world's second-leading pollinators, are now protected in the United States by the Endangered Species Act, through which a recovery plan is formulated for the conservation and preservation of the butterfly and its habitat.

Callaway Gardens' vice president and director of gardens, Dr. William Barrick, became the Day Butterfly Center's project director. He put together a unique "design team" of professional players from fields of varied expertise. Barrick secured Frank Elia, a lepidopterist, as manager of the center; Henri Jova, whose firm designed the Carter Presidential Center, as design architect; and the national-award-winning Robert Marvin as landscape architect. Construction on the project began in the autumn of '87.

"They have done the best job of any in the country," claims Melody Allen, Xerces Society's executive director. "The staff and Frank Elia were asking scientists around the country for input *before* they built the center. The center has the ideal butterfly environment. It's a great combination of money and conscience."

Since the Day Butterfly Center's September 1988 opening, more than 750,000 visitors have seen the conservatory's 1,000 butterflies. More than one million visitors are expected to walk its brick paths in the next year and see the free flight of living butterflies in the airy conservatory.

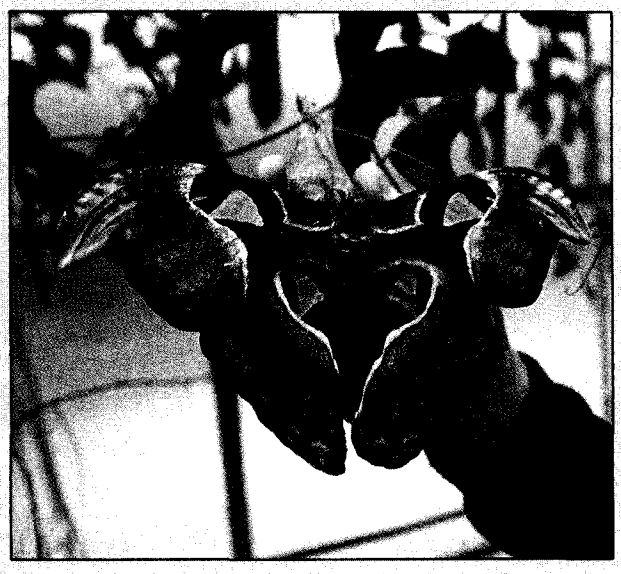
Separate from the conservatory are two aviaries, where the center's manager raises 65 percent of the conservatory's butterflies. One large tent is a flower-laden breeding area for the butterflies; the other is a foliage-rich area for hungry caterpillars.

At the Day Butterfly Center—this paradise regained—living butterflies should be around for many generations to come. ✱

Gardening for Butterflies

The following tips summarize how to create a successful butterfly garden.

- Plant in a sunny area.
- Landscape your garden with the nectar-producing flowers that butterflies prefer.
- Use group plantings for large splashes of color rather than isolated plants.
- Plant varieties that will provide continuous color throughout the growing season.
- Provide food plants for caterpillars.
- Include shallow puddles or damp areas for "puddle clubs."
- Use biological controls or insecticidal soaps for pest management.



(Above) A butterfly rests on a flower bloom, angles its wings to serve as solar collectors, and basks in the sun. Its purpose: to reach the 80 degrees necessary for it to take to the air and join its fellow frequent fliers. (Left) A Giant Atlas moth, recently emerged from its chrysalis, pumps blood to its bent wings. As soon as the new moth is able to fly, it will begin the important business of reproduction.

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In The Footsteps Of The Lincolns

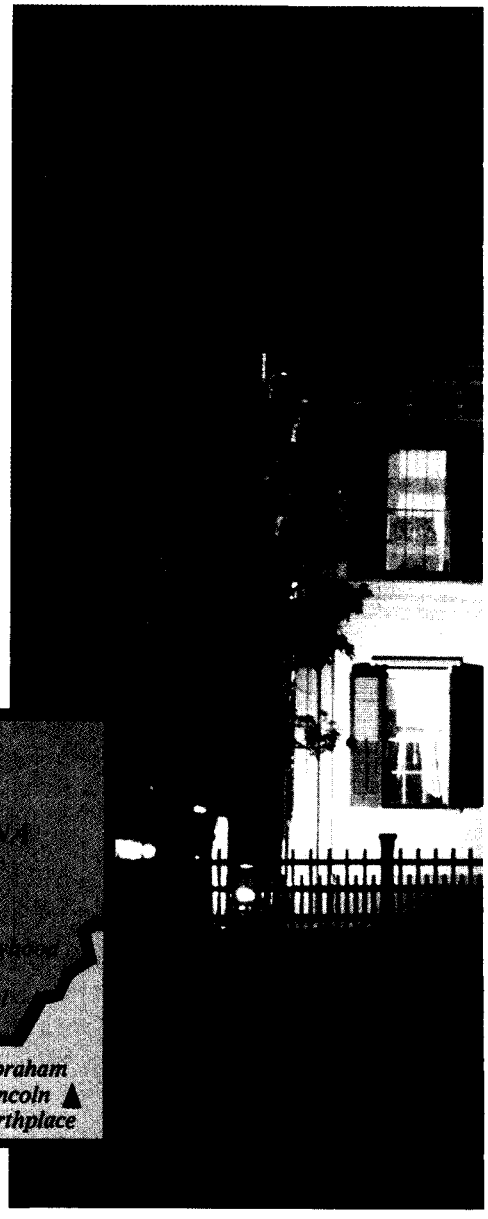
by William T. Anderson

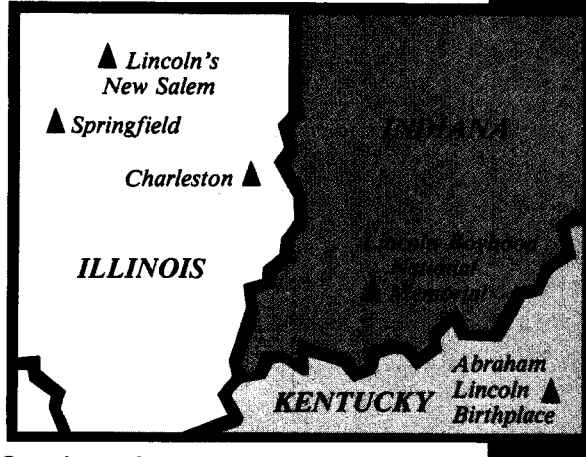
"Stranger, do you know where Lincoln lives?" These words, spoken in jest by Abraham Lincoln to a neighbor when he first beheld his newly renovated house back in 1856, were hardly a prophecy. Today, in Springfield, Illinois, the city that calls itself "Mr. Lincoln's Hometown," *everybody* knows where the 16th president's green-shuttered brown house stands. One of the principal memorials to "Old Abe," the house now basks in a revival of interest since its 1988 reopening following a massive restoration. Daily, as many as 3,000 visiting history buffs, vacationers, and schoolchildren pour through the only home Lincoln ever owned, which he would find a "matter of profound wonder," just as he said of his marriage to Mary Todd.

Actually, Springfield has been accustomed to visitors flocking into town, ever since Lincoln was nominated for president in 1860. But Springfield shares the Lincoln lore with four other major sites associated with the roots and remembrances of "Old Abe." Nearly a thousand miles of Lincoln trail trace a journey out of the wilderness to the substantial lawyer's life in Springfield; 3,000 markers dot the countryside where he lived in Kentucky, Indiana, and Illinois. The major Lincoln meccas leading to Springfield are centered around Hodgenville, Kentucky; Lincoln City, Indiana; and Charleston and New Salem, Illinois. Each of these rustic sites vividly re-creates the boyhood that Lincoln called the "short, simple annals of the poor" and the sturdy frontier spirit predominant in his life.

Lincoln's first years were spent among the blue-green knob hills of north-central Kentucky in a log cabin that may or may not still exist. As the centennial of Lincoln's birth approached in 1909, a national fund-raising campaign resulted in 100,000 Americans' making donations for a memorial building to safely enclose the cabin that tradition had identified as the Lincoln home. When the imposing memorial, constructed of pink granite and Tennessee marble, was completed by the Lincoln Farm Association in 1911, a humble log cabin was placed as the interior focal point. No actual documentation of its authenticity exists other than local hearsay, and some historians scoff at the idea that the 1809 cabin has survived. But the thousands of annual visitors to the Abraham Lincoln Birthplace and National Historic Site seem satisfied that they are viewing a typical home of the area in the Lincoln era, if not the authentic building.

Faulty land titles were the bane of many Kentucky pioneer farmers, and Tom Lincoln's experience was no exception. In 1811, when Abe was two, a questionable land deed uprooted the Lincolns and began what would become the family's 20-year search for a productive farm. They moved first to Knob Creek, about ten miles from the Lincoln birthplace, and once again tried farming. A reconstructed cabin marks the 5-year stay along Knob Creek, which Lincoln said was among his earliest boyhood recollections.





Locations of monuments established in the wake of Lincoln's tri-state travels.

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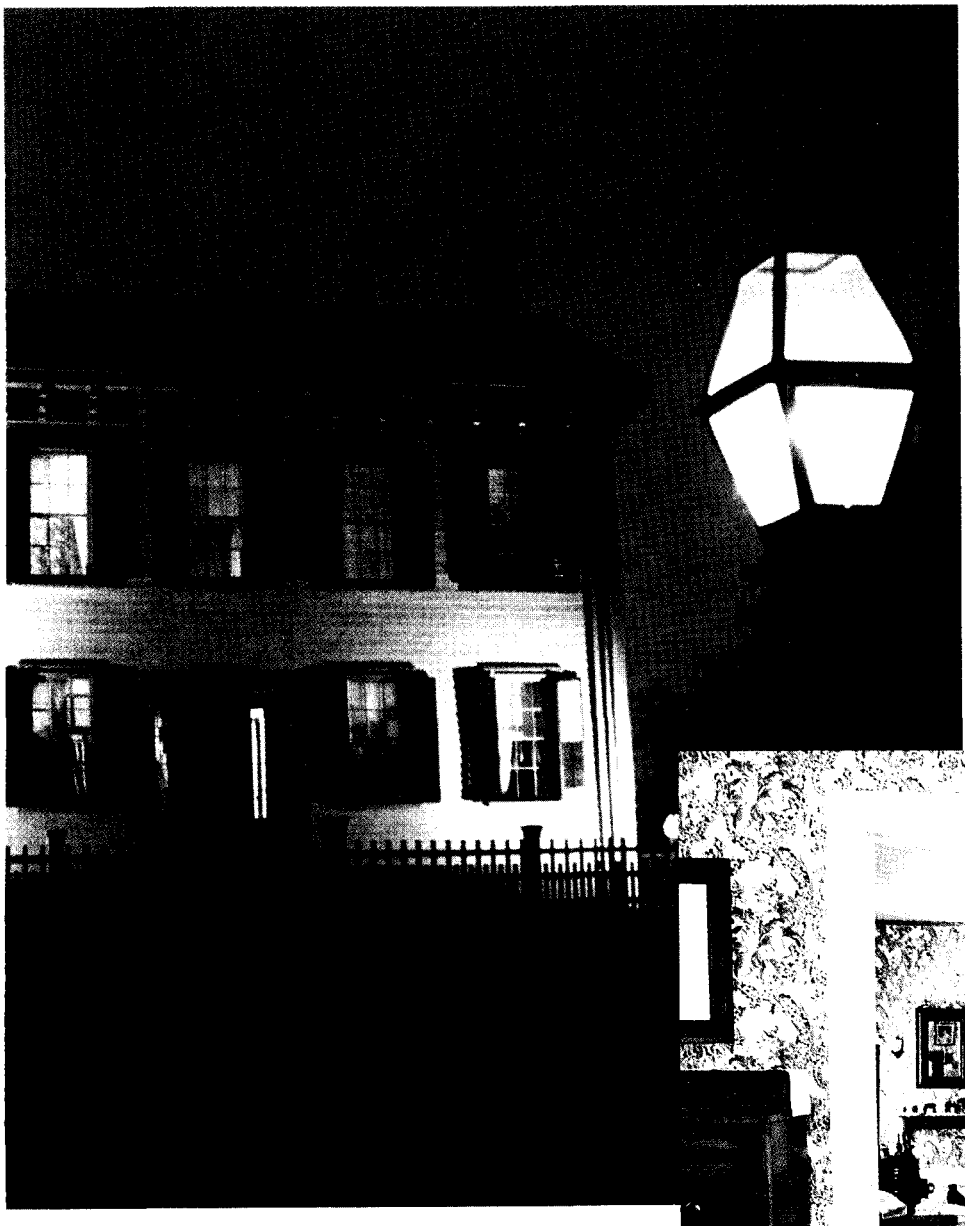
(Left) **Abraham Lincoln's old Kentucky home—his second residence in Kentucky, at Knob Creek. Thomas Lincoln was one of the larger landowners in the county, but property line disputes led him to vacate the Knob Creek residence in December 1816 and to move Nancy, Sarah, and Abe across the Ohio to Indiana.**



(Above) **"Young Abe Lincoln," a musical drama presented each summer near Lincoln City, Indiana, commemorates the often difficult childhood and adolescence Lincoln experienced in Indiana.** *(Left and below)* **Abe and Mary Todd Lincoln lived nearly two decades in this Springfield, Illinois, home. Reopened in June 1988 after meticulous restoration, the home now closely reflects the Lincolns' decorating at the time they left for Washington in 1861.**

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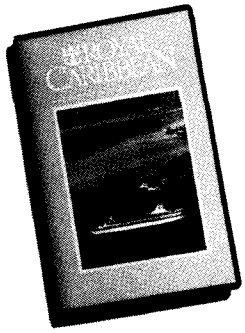

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Tom Lincoln's "itchy foot," combined with more title problems and a growing disdain for the slavery prevalent in the area, caused Tom to move the family again. Indiana was their destination. In December 1816, Tom and Nancy Lincoln, nine-year-old Sarah, and seven-year-old Abe crossed the Ohio River and ventured through the forests into what is now Spencer County, where they settled near Little Pigeon Creek.

The Lincoln Heritage Trail picks up in present-day Lincoln City, Indiana. A memorial there features reminders of not only the growing-up years of Abe, but also the lives and surroundings familiar to other pioneer families who settled the region. The Lincoln Boyhood National Memorial comprises a working pioneer farm, a replica of the Lincoln cabin, a museum and interpretive center, and the small graveyard started when Nancy Hanks Lincoln died of the "milk-sick" in 1818. The entire site is lushly wooded, with self-guided history trails and nature outlooks. Nearby at Lincoln State Park is the present-day Little Pigeon Baptist Church, where Tom Lincoln and his second wife, Sarah Bush Johnston, were active in the 1820s.

Lincoln lore comes alive each summer season in the productions of "Young Abe Lincoln." A cast of 42 professionals enacts the musical drama in an amphitheater set among the Indiana forests the strapping farm boy roamed. The re-creation of Lincoln's 14 years in Indiana, played out this year nightly except Mondays from June 23 to August 27, features tales of his growing fascination for books and politics, his brief stint as a flatboatsman, his prowess with an ax, and his famous skills as a wit and storyteller. (For ticket information, write: "Young Abe Lincoln," P.O. Box 7-21, Lincoln City, IN 47552.)

• • •

The Lincolns experienced only modest success as Hoosier farmers, and when another epidemic of "milk-sick" threatened, Tom Lincoln decided to try the Illinois prairies. Abe was 21 when the extended family migrated to Illinois. The point where the group crossed the Wabash River from Indiana to Illinois is marked by the Lincoln Trail Monument, near Vincennes.

Although the move to Illinois began Abraham Lincoln's striking out on his own, he helped his parents get settled on two farmsteads. The first locale was along the Sangamon River near Decatur. Here Lincoln acquired his renown as a rail-splitter. The Lincolns lived only briefly near Decatur, but today their homesite exists as the Lincoln Trail Homestead State Memorial. The elder Lincolns finally

New Salem's *On the Circuit* depicts young Lincoln's devotion to the study of law.

settled on the Goosenest Prairie, just south of Charleston, Illinois. Today that 86-acre site is maintained as the Lincoln Log Cabin State Historic Site, which combines a living-history farm with picnic sites and interpretive programs. The original Lincoln cabin disappeared after it was exhibited at the 1892 Chicago World's Fair, but a replica now stands on the site. Surrounding gardens, orchards, fields, and typical livestock re-create the ambience the Lincolns knew. During summer months visitors can experience life as the Lincoln clan lived it; costumed historians follow the daily routines of 1840s country life and speak in the dialect common to the period.

His parents permanently settled, Lincoln decided to live in the village of New Salem after stopping there while co-piloting a flatboat down the Sangamon River. When he first saw New Salem in 1831, the village was thriving; there was a sawmill, a gristmill, a tavern, stores, a post office, a stagecoach stop, and several skilled

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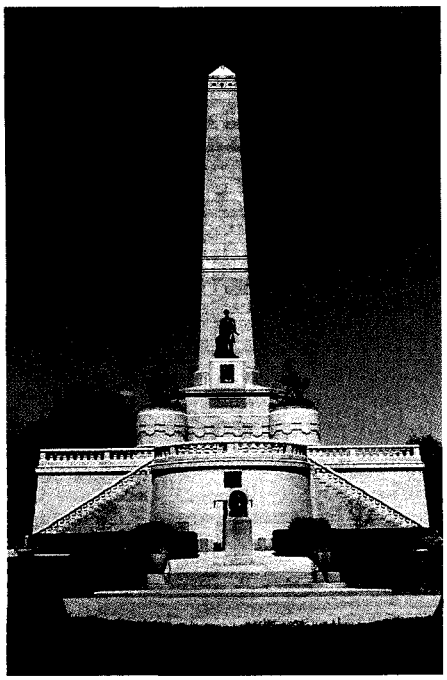
tradesmen. The six years (1831-1837) during which Lincoln lived in New Salem transformed him from, as he said, a "piece of floating driftwood" through his experiences as a storekeeper, a postmaster, a surveyor, and finally, after continuous study, a lawyer and state legislator.

Eventually, New Salem "winked out" in favor of the nearby county seat of Petersburg. Log buildings were dismantled, leaving only traces of the once-vital village. During the 1930s, the New Salem of a century earlier was reborn through the reconstruction of a dozen houses, the Rutledge Tavern (where Lincoln boarded), ten shops (including the Lincoln-Berry store), a schoolhouse-church, and other appropriate surroundings. None of the original buildings had survived except the Onstot Cooper Shop, where Lincoln read and studied by the light of the fire kindled by the cooper's shavings. Authentic furnishings fill the replicas, and a museum building contains artifacts used by friends and associates of Lincoln's during this period. In the historic collection of Americana are such archaic items as cord beds, candle molds, flax shuttles, wool cards, pewter dishware, and cornmeal chests.

A tour of New Salem can include an encounter with oxen pulling covered wagons along the dirt street, frontier women kneading bread dough inside the cabins, or a ride on the *Talisman*, a replica of the steamboat that traveled the Sangamon River in Lincoln's day. The outdoor amphitheater situated next to the Lincoln's New Salem State Historic Site offers summer performances of drama chronicling Lincoln's life and words. (For additional information, write: Great American People Show, Box 401, Petersburg, IL 62675.)



Lincoln's tomb and obelisk towers over Oak Ridge Cemetery outside Springfield.

• • •

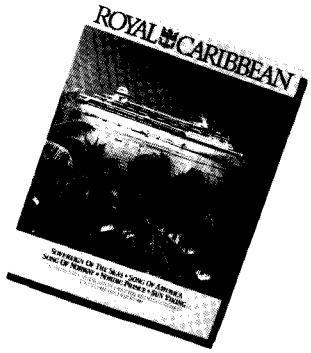
Twenty miles from New Salem is Illinois' capital city of Springfield (Springfield Convention and Visitors Bureau: 1-800-545-7300); no stop on the Lincoln Heritage Trail exudes more of Lincoln's personality and past. He arrived in the town in 1837 to begin his law practice, and it remained his home until he left for the White House in 1861. During Lincoln's legal career, he had three partners and occupied a variety of offices while he tried approximately 3,000 cases. The only building still extant that served as a Lincoln office is now an Illinois State Historic Site, situated in downtown Springfield. At the corner of Sixth and Adams streets, the Lincoln-Herndon Law Offices are contained in what was known in Springfield as the "Tinsley Building," which housed a federal courtroom, a post office, and a general store, as well as attorney's quarters. Today, the building meticulously replicates the conditions in which the lawyer Lincoln toiled—although he would be the first to admit that his quarters were never so neat.

Looking from his law-office windows, Lincoln could see a familiar structure, the Illinois state capitol building. The imposing Greek Revival building, set into a square, was an almost daily destination for Lincoln during the 1840s and 1850s; in 1861, he occupied the governor's office while president-elect. In 1858, Lincoln delivered his famous "House Divided" speech in the statehouse; seven years later his friends filed past his funeral bier in the House Chamber room.

The Old State Capitol became the Sangamon County Courthouse when Illinois dedicated a new building, and until the 1960s its Lincoln connections were buried in renovations and modernizations. Finally, the building was completely reconstructed in the 1960s. It now looks as if Lincoln

continued on page 87

Instead of reading a book tonight, take a vacation.



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WASHINGTON WEEDED HERE

Something more than flowers draws visitors to the gardens once tended by George Washington.

by Jane Ford Lopez

George Washington took an immense pride in his 8,000-acre estate, Mount Vernon, situated high above the Potomac River in northern Virginia; he managed his lands energetically and knowledgeably. A visitor to the estate in 1785 described his host in a way that might surprise many: "His greatest pride is, to be thought the first farmer in America. He is quite a Cincinnatus."

And of himself, the first president of our country said, "Agriculture has ever been the most favorite amusement of my life." Some may well be surprised at George Washington's passion for horticulture and for gardening—but they are not gardeners, surely. And they are not farmers.

A stroll along the paths and through the gardens of Mount Vernon reveals to a visitor, today, a plan that worked well in the 18th century and enchants visitors still. George Washington was his own landscape architect, and the plants and trees he chose were carefully selected and tended to. They are beautiful, still; several are, in fact, the very trees the general planted.

All his life he was especially impressed by the majesty of trees, and his writings often reveal his deep interest in growing things. He once wrote of his delight in "making improvements on the earth," and even at age 16, while surveying in the wilderness, he wrote in his journal, "[S]pent the best part of the Day admiring the Trees & the richness of the Land."

Many a majestic tree catches the eyes of the visitors to Mount Vernon; on a steamy summer's day, their shade is admired as well. A look skyward from the serpentine paths leading to the mansion reveals the extraordinary size, and beauty, of a white ash or a tulip poplar. Many of those trees remaining from the time of the Washingtons were planted in the year 1785. And other huge specimens are the offspring of trees the general planted.

Washington planted his property with 100 varieties of trees and shrubs, including such exotics as pomegranate and Japan allspice. His greenhouse provided shelter for many a tropical plant, including lemon, lime, banana, and coffee plants. The botanical garden, too, was often filled with experimental plantings. Washington tried his hand at raising cayenne pepper, guinea grass, and such peculiarly named plants as bird pepper, birding grass, and painted lady pea.

The upper and lower gardens grew flowers, vegetables, fruits, and herbs; these gardens are quiet, lovely, and filled to brimming with plants George Washington would have selected during his 42-year reign at the plantation. There's cockscomb, eye-catching and in startling good health, as well as marigolds, crown imperial, asters, larkspur, and an odd little flowering plant named love-lies-bleeding. Fruit trees trained on espaliers proliferate, today as in the 18th century, and eggplants grow right next to the French artichokes, okra, and lavender.

Designed for privacy, secluded paths were a welcome place of respite in Washington's time and even more so today.

George Washington's diaries are full of the details of his gardens, from the planting schedules to the condition of the produce to the extreme weather the seeds often had to withstand. An entry from one of his diaries reveals the impersonal manner he used in his jottings, but at the same time the words would be music to a farmer's ears. Only four lines were written on Friday, July 31, 1761:

Sowd turnips—upon which fell a heavy Rain immediately—so that they were neither Rakd nor harrowed in—the seed I mean. In a few days they came up very thick and well.

George Washington seemed to have understood the nature of the land as the best of our farmers and gardeners do today. But even our national hero and first president had his gardening difficulties; not every planting was successful, and usually the weather was at fault. In the spring of 1792, 196 plants were delivered to Mount Vernon from a nursery in Philadelphia. In the autumn 39 more had to be purchased to replace those lost during a long, hot summer.

Still, who can deny that summers are a lovely time in a garden? The growth is lush, the displays are lavish, and there's a stillness about a summer garden that does not exist in the other seasons.

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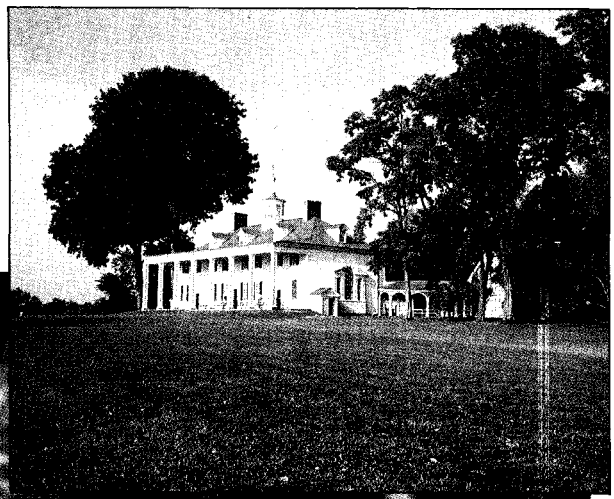
And when the heat of summer is at its muggy worst and when the haze in the sky turns a summer's day oppressive, then that is the time to stroll through a peaceful garden . . . any garden. When we need a little something extra, well, that's when a garden seems to be the most giving.

The folks with the green thumbs know that there's something universal in every garden, an ambience made up mostly of feelings. Others sense it too—not just gardeners. A formal and well-tended garden gives comfort to many, and for some, so does a wild garden. There are feelings of whimsy and gentleness present in gardens. Some gardens offer a refreshing escape from a busy schedule or troubled thoughts or, simply, offer a feeling of peace.

Feelings. That's what gardens are all about. George Washington felt the pleasure of the garden deep in his soul. And when we breathe in the life of a garden, any garden, we each understand the nurturing offered there —and we become aware that there could be a bit of the Cincinnatus in each of us.

"Here is the heart of America," a famous visitor to Mount Vernon once declared. The feeling is still there among the herbs and boxwood hedges shaded by towering trees planted by the original owner.



Photos by Jane Ford Lopez

When You Visit

Mount Vernon Mansion is just 15 miles from Washington, D.C. Take the "South to Mount Vernon" exit off the 14th Street Bridge and follow the George Washington Memorial Parkway the entire 15 miles. Just 7 miles south of Washington you'll pass through the historic seaport town of Old Town Alexandria; this is a lovely place to visit and to dine. The Mount Vernon Estate is open every day of the year. The hours from March through October are 9 to 5; and from November through February, 9 to 4 daily. There's a snack bar at the entrance as well as an elegant restaurant. Cruise to Mount Vernon if you'd like. The *Spirit of Mt. Vernon* leaves Washington from Pier 4 & Water Street SW and travels the Potomac River from D.C. to Mount Vernon in spring, summer, and early fall.

For Further Information

Mount Vernon can be reached by calling 703-780-2000. For information on touring in northern Virginia, contact the Alexandria Tourist Council, 221 King St., Alexandria, VA 22314. In Fairfax County, Virginia, write the Office of Tourism and Visitors Services, 8300 Boone Blvd., Suite 450, Vienna, VA 22180. In nearby D.C. write the Washington Convention and Visitors Association, 1575 I St. NW, Suite 250, Washington, DC 20005.

Additional Reading?

A book titled *The Gardens & Grounds at Mount Vernon (How George Washington Planned and Planted Them)*, by Elizabeth Kellam de Forest, is available from the museum shop at the estate. Write: Mount Vernon Museum Shop, Mount Vernon, VA 22121.

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Saga Of The Urban Buckarettes

by C. J. Hadley

As several million people stream out of office buildings in New York City, Casey Feutsch looks out through the smog in front of her 20th-floor window. Staring at her "view"—a blank wall—the Doubleday editor agonizes over a rejection letter and dreams of July.

In July she will be back on a horse in the Jarbidge wilderness in the high country of northeastern Nevada's outback, where, she says, "Everything is bright, and even with the desert's muted grays and browns, everything seems so incredibly brilliant."

Casey and three of her four sisters (but none of her five brothers) meet each year at the Cottonwood Ranch in the O'Neil Basin: their purpose, the Smith family's Jarbidge Wilderness Pack Trip.

The airport nearest to the Cottonwood Ranch (O'Neil Route, Wells, NV 89835) is 2½ hours' drive, the last hour on dirt. Salt Lake City is five hours away; Reno, seven. Nearby towns are virtually ghosts with some populations under a dozen.

When Horace Smith took over the ranch from his grandfather in 1952, it was little more than a cow camp in the sagebrush, a four-room log cabin and a round corral. Horace, who originally guided hunters through the Jarbidge Mountains, expanded into sightseeing and photography trips almost a decade ago.

His carefully planned pack trips pass through territory filled with mule deer, bobcat, coyote, golden eagle, beaver, porcupine, and mountain lion. The region provides some of the best stream fishing in the West for rainbow trout, brookies, German browns, and Dolly Varden. It is a photographer's dream.

"This is my homesickness fix," Casey says of the Smiths' getaway. "I don't have to talk about work. I don't think about the phone ringing. I don't have to tell people what I do because no one cares."

Her sisters are all professionals too—an independent CPA, an accountant in a large company, and a real-estate broker. Several of them have been to Hawaii and Mexico, and one even lived in Europe for 18 months, but they prefer Nevada's wilderness. "We wouldn't have enjoyed this when we were younger," Casey says.

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"We only see each other at Christmas, and on the pack trip we have plenty of time to talk and have fun."

Even to novice riders and first-time campers, the trip and sights are tough to equal. Pat Feutsch, at 42, had never camped before. "I am not an outdoorsy person," she claims. "I ride a bike in town and play tennis but would never think of going camping where there are no bathrooms and you have to cook for yourself. . . . I don't want to work at a vacation."

But she soon found that work was not part of the itinerary. Instead she sat with her sisters and the other guests around the campfire as the Smiths' crew fixed dinner and took care of the horses.

Even though the sun rises well before six, the sisters don't crawl out of their bedrolls until the smell of breakfast and coffee wafts by their tents. "None of us likes to be called real early," Terry Feutsch says with a laugh, because she and her siblings thoroughly enjoy doing absolutely nothing. "We think it's fun to sit around the campfire and eat!"

Sometimes talk around the campfire drifts to Horace Smith's grandfather, Horace Agee, who bought the land from some former cattle rustlers, the "respectable" O'Neil family, in 1922. He had been running sheep in the basin, and the closer the flock got to the O'Neils' cattle, the more nervous the one-time rustlers became. "The O'Neils sent out a hit man to shoot Horace Agee, but the guy wasn't very good at his job," says Agee Smith, Horace's son. "My great-grandfather took the gun away from him." Legend has it that he sent the gunman back with the message, "If the O'Neils are going to send somebody to kill me, they had better send a real man."

The Smith family pack outfit is a growing portion of the 800-head, 37,000-acre ranch, partly because of bad economics in the cattle business but also because the Smiths enjoy the work. A favorite pack trip, from the ranch to the old gold town of Jarbidge, takes five days. Because the Smiths are one of only three licensed guides allowed to pack into the wilderness, their trails are marked by the U.S. Forest Service but seldom used.

The trip starts in sagebrush country, moving up Cottonwood Creek through mahogany, cottonwood, and high wild grass. As the trails wind higher, past dramatic rim rock, huge leafy cottonwoods are left behind, replaced with quaking aspens, willows, and limber pine. Meadows are filled with pentstemon, larkspur, sunflower, lupine, and hundreds of other types of wildflowers—many uncataloged. Sounds come from a variety of wild birds, from the horses' hooves when they hit hard ground, from wind rustling leaves and grasses.

Photos by C. J. Hadley

No horse-riding experience necessary: the sisters Feutsch and company "horse pack" through the rugged Jarbidge wilderness of Nevada.

The first night's camp may be in God's Pocket near Humming Bird Spring. Or it could be at the top of Big Buck Ridge, where, Agee says, "you can look over the longest stretch of mountains over 10,000 feet in the State of Nevada." The Feutsches and new friends gather around the campfire as the sun sinks behind the ragged rock of Cougar Peak (elev. 10,563 ft.), the Matterhorn (10,839), Square Top (10,687), Jumbo Peak (10,643), and Jarbidge Peak (10,789). Streaks of red, pink, and orange can be seen at the edges of clouds, in pockets of snow, and on the tips of evergreens. The riders are ready for drinks, steak, salad, and baked potatoes.

Kim and Agee usually rest the horses at Bourbon Springs, an Indian hunting camp that seems to tower above half a dozen mauve and gray mountain ranges drifting into Utah and Idaho. They traverse steep, grassy hills; they lead the way through passes of twisted evergreens, drop violently through a pocket of bright, red rock above yet another extraordinary basin. They ascend barely discernible trails, crossing piles of rubble from avalanches and snowslides. At times they duck to get through the dense underbrush covering a furious stream, always to rise again and traverse yet another splendid ridge.

One camp sits in a meadow below Emerald Lake and Cougar Peak, at an altitude of 9,800 feet. Deer graze, unperturbed, close to the group. Side trails lead to long-deserted miners' cabins, some still filled with pots and pans, personal items stacked neatly on the shelves.

Agee and his packers can show the campers Lost Draw, Gold Knob, Bonanza Gulch, and many more places like Big Buck Ridge and God's Pocket. They can also point out the site of the country's last stagecoach robbery, and where the O'Neils' hit man flubbed his assignment.

The last evening is often spent at a restaurant-saloon called the Outdoor Inn in Jarbidge; the last sleep, in a barn-motel at the edge of town. As Casey, Christine, Ann, and Terry leave Jarbidge for home, they hug the other campers, the population of Jarbidge, and every Smith in sight.

"The first year I cried for two days after I got back to New York," Casey admits, then adds, "but now it has a very therapeutic effect—my Nevada high lasts for weeks. Something happens inside when you are able to see for miles and miles. Everything is so bright. It just feels like heaven out there."

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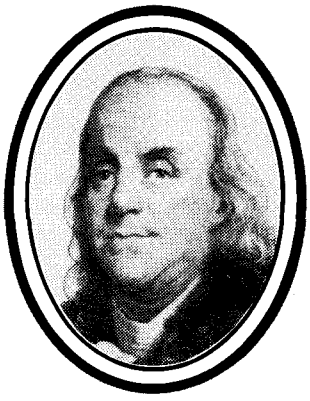

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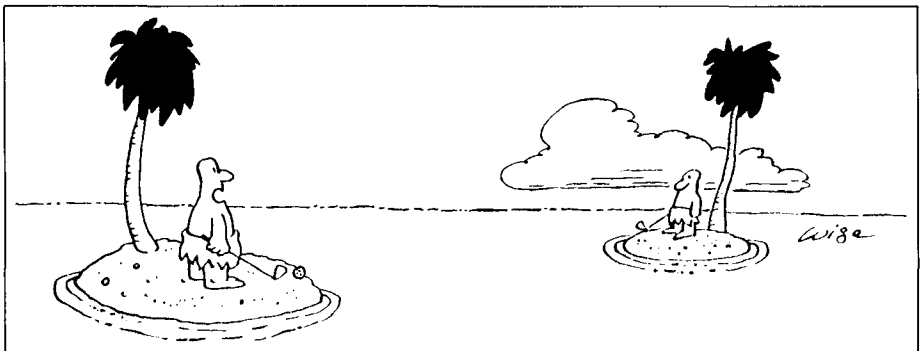

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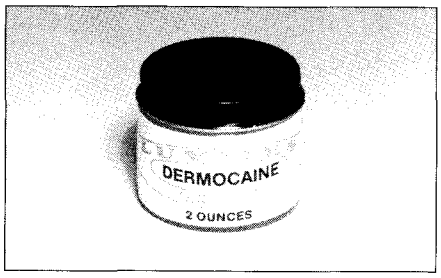

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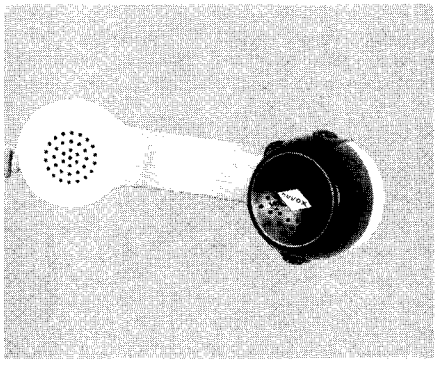

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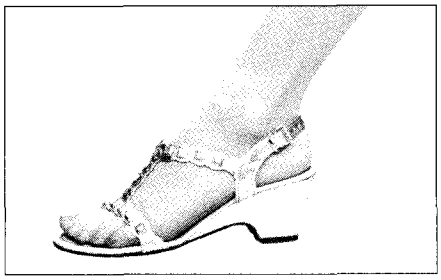

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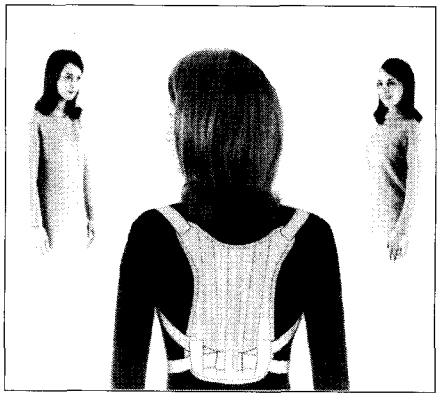

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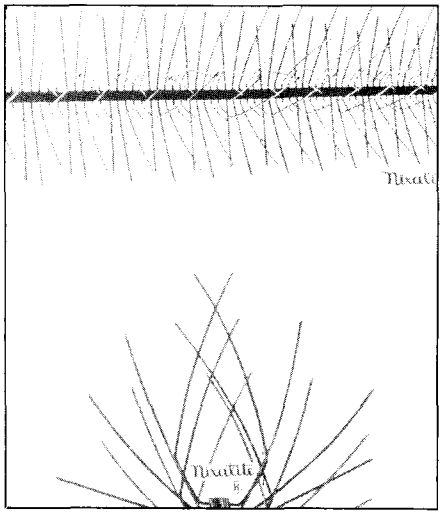

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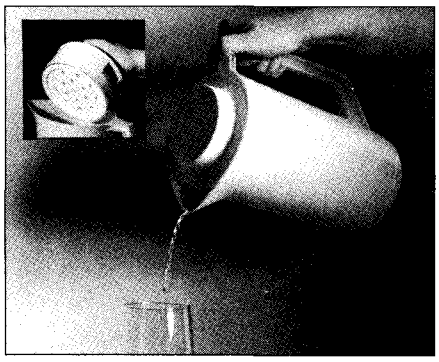

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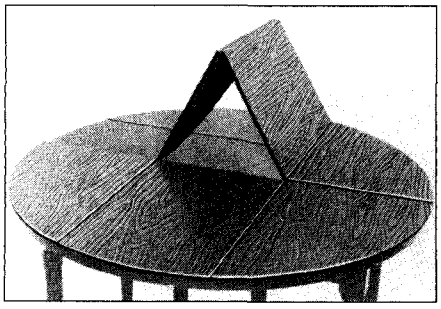

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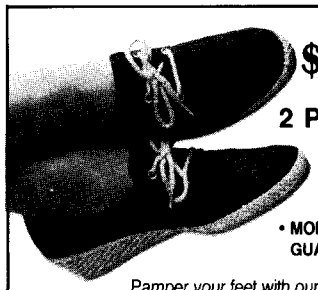

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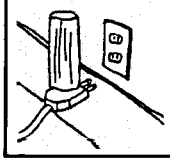

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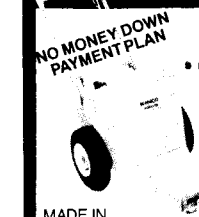

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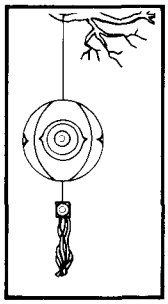

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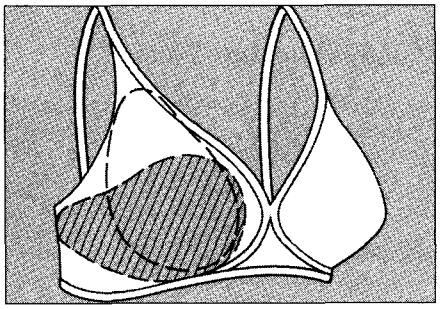

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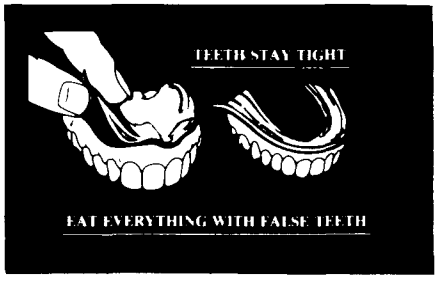

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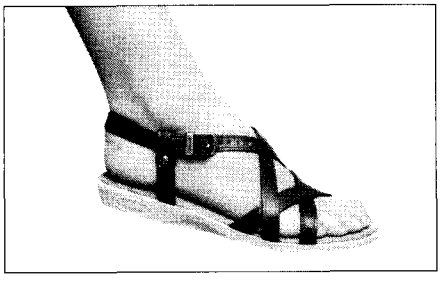

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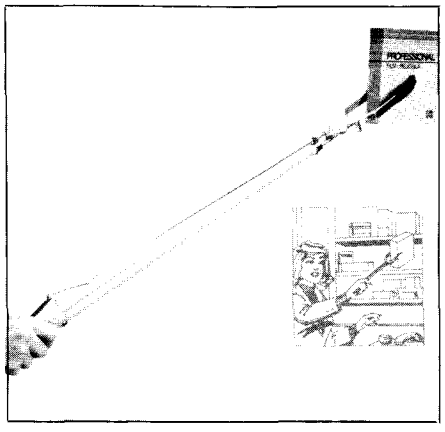

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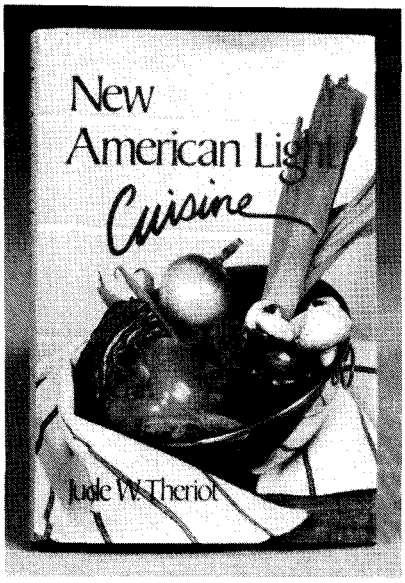

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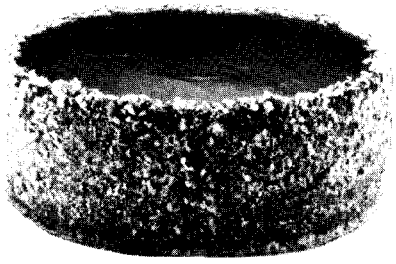

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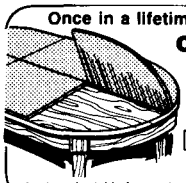

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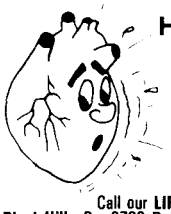

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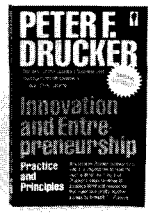

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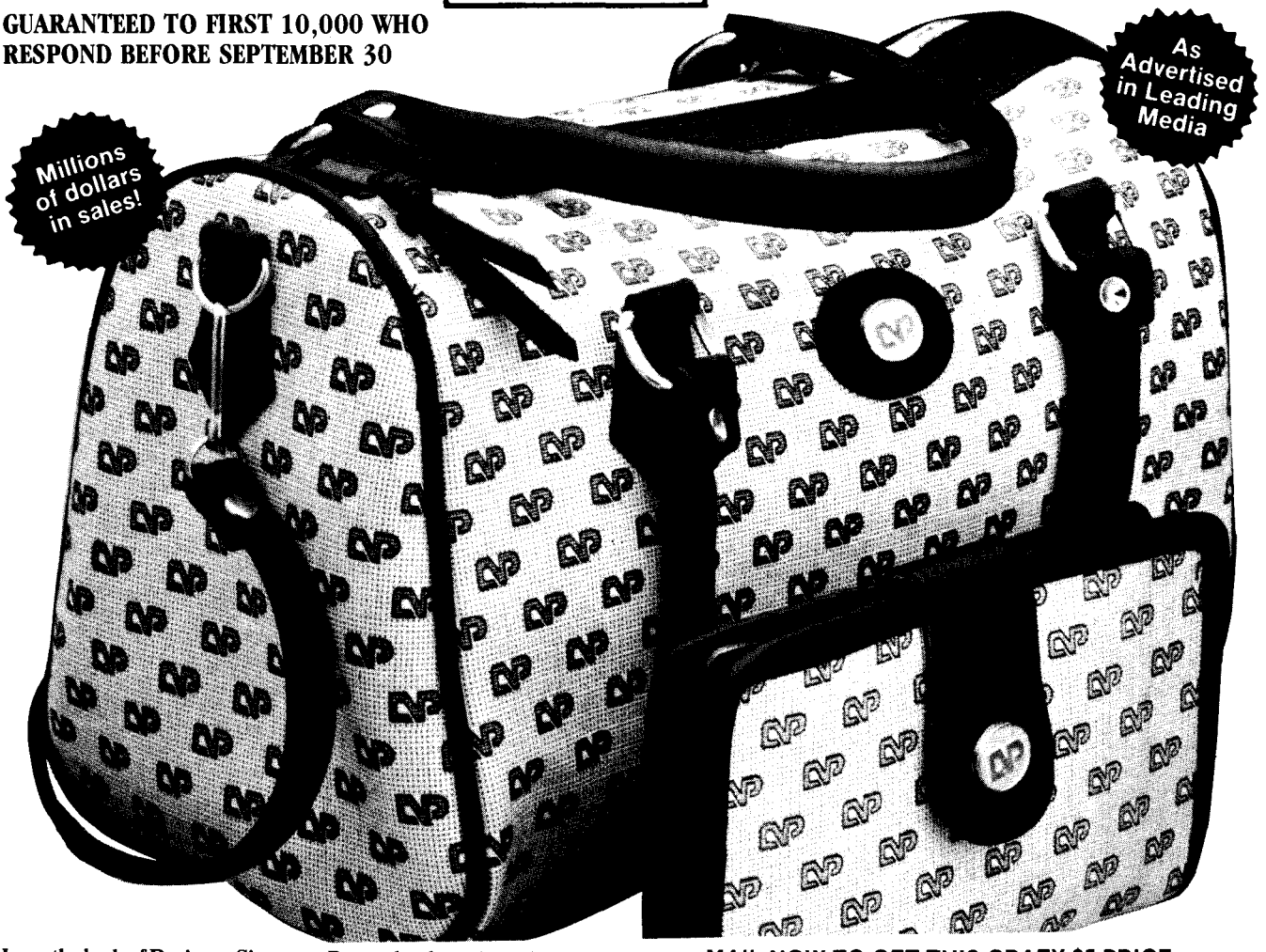

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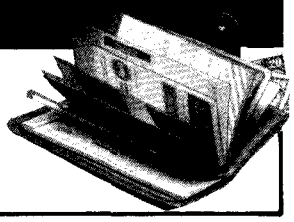

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HTLV-I: A NEW AIDS-LIKE THREAT?

Deadly viruses can lie dormant for years before mounting their attack and claiming their victims.

by Richard Montagna, Ph.D.

Both are devastating and fatal diseases that have no known cures. The causative agent of both is a virus that can be transmitted through sexual contact, intravenous drug abuse, or blood transfusions, or from mother to child by breast-feeding—and perhaps by intrauterine transmission. Although it all sounds alarmingly familiar, neither of the diseases is AIDS.

One of the diseases is adult T-cell leukemia (ATL), a malignancy with a particularly poor prognosis: frequently death results within six months after diagnosis. ATL in its classic acute form is characterized by large lymph nodes, malignant circulating white blood cells, and significant involvement of the skin, exemplified by numerous skin lesions. It has been postulated that cells infected by the virus also release an agent that causes calcium to be leached from the bones. Hypercalcemia results. The disease is also known to exist in a chronic or "smoldering" form. Thus far ATL has been found almost equally distributed between males and females, and the peak occurrences have been in persons between 40 and 60 years old.

The other disease is tropical spastic paraparesis (TSP), a neurological disorder similar to multiple sclerosis, characterized by progressive difficulty in walking, lower extremity weakness, sensory disturbances, and urinary incontinence. Eventually the central nervous system and the brain are ravaged by the infectious agent, leading to dementia and death. The disease has been observed more frequently in females than in males. No age group is at particular risk, although peak incidences are in the range of 40 to 49 years of age.

Although there is no requirement in the United States to systematically register ATL with federal authorities, at least 74 cases of ATL were reported to the National Institutes of Health through 1987. To date, most ATL cases reported in the United States have occurred in individuals born outside the United States in areas known to be highly endemic for the causative agent. Of ATL patients born within U.S. borders, most were born in the southeastern portion of the country. The disease is widely recognized in Japan, parts of Africa, and the Caribbean. TSP has also been observed in the same parts of the world as ATL; the number of cases reported in the United States is on the upswing.

Dr. Richard Montagna, a molecular biologist, met with the President's AIDS Commission in Indianapolis to urge HTLV testing at blood banks.

The suspected causative agent of both ATL and TSP is a virus known as the human T-cell lymphotropic virus type I (HTLV-I). Although it was the first human retrovirus discovered, its "kissing cousin," the human immunodeficiency virus (HIV-1)—the causative agent of AIDS and the third human retrovirus discovered—has received most of the attention of the media, as well as the funds of the various governmental research-supporting agencies. At least two other human retroviruses are known; still others are suspected. Because the modes of transmission of the known retroviruses are similar and the diseases they cause are catastrophic, public information regarding their characteristics and modes of transmission, along with appropriate preventive actions, is imperative.

Retroviruses as a family first became a scientific curiosity in 1910, when Dr. Peyton Rous discovered the Rous sarcoma virus, a cancer-causing virus in chickens. Rous' discovery precipitated the emergence of the field of retrovirology. Although other animal retroviruses were discovered that invariably were linked to animal malignancies, the birth of human retrovirology was stalled for more than 70 years as scientists throughout the world unsuccessfully searched for evidence of retroviral infections within the human population. That search was culminated in the late 1970s at the National Cancer Institute, where a team of scientists, including Drs. Bernard Poiesz, Francis Ruscetti, and Robert Gallo, isolated and characterized the first human retrovirus and linked it to a human malignancy. It was initially referred to as the human T-cell leukemia virus, but now it is named the human T-cell lymphotropic virus type I (HTLV-I). Within a year, a second

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human retrovirus (HTLV-II), also linked to a human malignancy, was reported by the same research team. Approximately five years later, the "AIDS" virus, which causes an immunodeficiency, became the third human retrovirus discovered. Its original name, HTLV-III, was changed, however, to the human immunodeficiency virus (HIV-1), because, by convention, viruses are named for the diseases they cause. A fourth human retrovirus, HIV-2, another "AIDS" virus, has been isolated in patients from West Africa and portions of Europe.

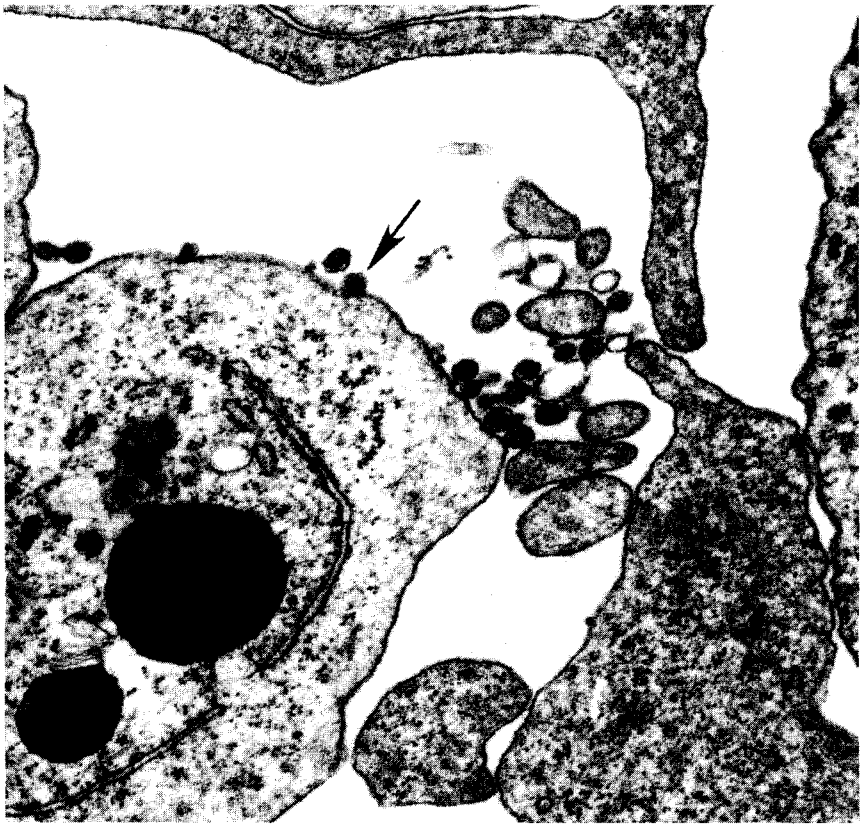
All viruses, whether or not they are of the retroviral variety, are among the most highly specialized life forms known to man. Viruses are sophisticated packages of genetic information surrounded by a variety of protective protein coatings, depending upon the particular virus. Unlike other life forms, they are not competent to survive on their own, because they lack all other life-supporting capabilities. Their only means of survival is to take over the components of the cells they infect and thus commandeer their host's own "cellular machinery" to perform the necessary life-supporting functions.

The genetic information of retroviruses, as well as all other life forms, may be compared to computer software. Just as computer software is needed to direct the activities of the modern computer, genetic information is responsible in an analogous manner for directing all activities of living organisms. Without the required genetic information, all cellular machinery present in living cells would be as useless and as silent as a computer lacking software.

All viruses are packages of genetic software searching for the appropriate and compatible hosts to infect and then control in order to survive and multiply. A retrovirus has the unique ability to actually insert its genetic information directly into the genetic information of the infected host cells. Therefore, when a retrovirus infects a cell, the genetic information present in the retrovirus' "software" permanently reprograms the infected cell's "hardware" to perform the functions desired by the virus.

This requirement for the insertion of retroviral genetic information into the infected individual's genetic information is perhaps one of the most menacing features of retroviruses. Effective treatment would require either the selective elimination of retrovirally infected cells or the ability to discriminately eliminate or alter specific retroviral genetic information within the infected cells. Either procedure is technically difficult. Furthermore, unlike most other STDs (sexually transmitted diseases) that can be effectively controlled with modern antibiotics, a retroviral STD renders the infected individual "once infected—always infected."

Unlike the AIDS virus, which can cause disease symptoms within a relatively short one to ten years after infection, the HTLV-I virus usually lies dormant for many years—perhaps as long as three decades—before the disease manifests itself. This protracted latency period, coupled with the "once infected—always infected" reality, poses one of the most dangerous threats of this virus: the capability of a seemingly healthy individual to transmit the virus to other unsuspecting individuals by any mechanism that permits the transfer of body fluids from one individual to another (i.e., sexual contact, intravenous drug abuse, blood transfusion, or maternal transmission).



The arrow points to an HTLV-I virus budding from the surface of an infected cell. Note the other HTLV-I virus, to the left, that has exited the cell.

At the present, the highest level of HTLV-I infection is found in southwestern Japan, where infection rates of as high as 20 to 30 percent of the general population have been reported. Even within the highly infected areas of the world the actual rates of infection vary widely from one region to another.

In the course of studies during the mid-1970s to evaluate the potential health effects of the atomic bombs dropped on Japan during World War II, the ATL disease was originally recognized and characterized. The HTLV-I virus was shown to infect virtually all ATL patients evaluated, leading to the ultimate linkage between HTLV-I and ATL. Since those early studies, transmission of HTLV-I infection in Japan by transfusion has been well-documented. Many individuals receiving transfusions of HTLV-I-infected blood that includes cellular blood components show evidence of HTLV-I infection. The same study demonstrated, however, that the recipients of transfusions lacking cellular material (i.e., plasma transfusions) showed no evidence of HTLV-I infection. These data are consistent with laboratory findings which indicate that successful HTLV-I infection requires the contact of HTLV-I-infected cells with

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the target, non-infected cells—in marked contrast to HIV infection, in which a high incidence of cell-free transmission is observed.

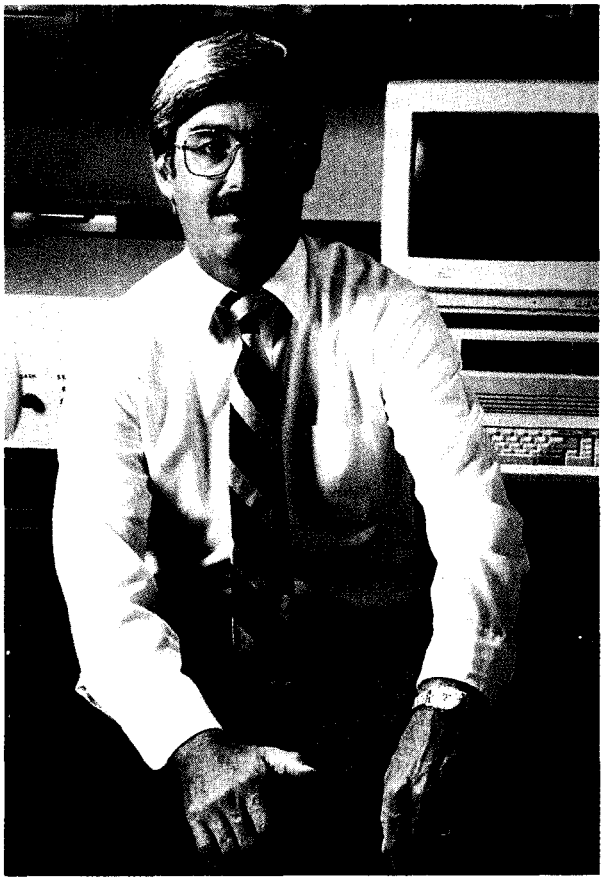
Japan, as the apparent "hotbed" of HTLV-I infection, is the source of valuable information regarding the linkage between TSP and HTLV-I. Virtually all the TSP patients display evidence of infection with HTLV-I, and interestingly, more than a quarter of the TSP patients from whom information is available have histories of blood transfusions, with a mean interval between transfusion and the onset of neurologic symptoms of approximately four years.

Japanese data also suggest that for HTLV-I-infected individuals the lifelong risk of developing ATL is approximately 2.5 to 4.5 percent. A similar Jamaican study also suggests an overall risk of ATL disease among HTLV-I-infected individuals of approximately 4 percent. Scientists are currently uncertain of the lifelong risk for TSP among HTLV-I infected individuals, although the latency period between HTLV-I infection and manifestation of disease symptoms is considerably shorter for TSP than for ATL.

In the Caribbean islands, infection rates as high as 5 percent have been reported, and in portions of South America, particularly those areas bordering the Caribbean basin, elevated infection rates have been noted. Within the United States, intravenous drug abusers currently exhibit the highest HTLV-I infection rates, ranging from 7 percent to 49 percent depending upon geographical location. Various sources of clinical data suggest that homosexual men, although at high risk for HIV infection, rarely exhibit HTLV-I infection. Similarly, HTLV-I infection of the other major AIDS risk group, hemophiliacs, currently appears to be nonexistent.

Another major difference between HTLV-I and the AIDS virus is the extent of infections within families of patients. Family members of AIDS patients are generally not infected by the AIDS virus. The exceptions to the rule are either sexual contacts of an AIDS patient or children born to an infected mother. Various studies have indicated that as many as 40 percent of the family members, including parents, spouses, and siblings of ATL patients, are infected with HTLV-I.

At first this ominous fact incorrectly suggested the possibility of *casual* transmission of the infectious agent, a menacing thought indeed. It is now apparent, however, that intrafamilial transmissions are due to sexual transmission between spouses as well as transmission from mother to child either *in utero* or via breast-feeding. Accordingly, an infected male or female could sexually infect the other, and the infected female could transmit the virus to her children. Due to the long latency period associated with HTLV-I infection, the vast majority of infected adults may well succumb to other illnesses before the manifestation of HTLV-I disease symptoms. Tragically, infected children may represent the true innocent victims of HTLV-I infection, for their life expectancies are greater than the latency period of HTLV-I.



Dr. Bernard Poiesz, co-discoverer of HTLV-I and HTLV-II viruses, heads the Division of Hematology/Oncology at the Health Science Center, Syracuse, New York.

In a family study of a female adult T-cell leukemia patient, Drs. Lee Ratner and Bernard Poiesz reported that two sisters and the spouse of the patient have been infected with HTLV-I. One of the infected sisters suffers from chronic ATL, a "smoldering" form of ATL that may persist for many years or progress to acute ATL. The patient's husband and the other HTLV-I-infected sister are both free of disease symptoms. Although the data suggest that the siblings were maternally infected, unfortunately the mother of these individuals was not available for testing. It is also presumed that the husband was sexually infected by the HTLV-I-infected ATL patient. The patient and her husband have three children, none of whom displays any evidence of HTLV-I infection or related disease.

Because of the long latency period between HTLV-I infection and the manifestation of HTLV-I disease, all modes of transmission could theoretically proceed in a "silent" manner, because only disease manifestations would lead an otherwise unsuspecting individual to seek medical treatment. A case in point is the death of an elderly female U.S. ATL patient who fit into none of the currently suspected risk groups. She was neither an intravenous drug user nor the recipient of a blood transfusion. Furthermore, she never had sexual contact with anyone other than her husband of some 40 years. One peculiar circumstance surrounding this case, however, is that although the patient never spent time in any HTLV-I endemic area of the world, her husband spent time in Okinawa, Japan, as a member of the U.S. occupation forces after World War II. (Even by Japanese standards, Okinawa has an extremely high rate of HTLV-I infection among the general population.) Did her husband contract the virus there more than 40 years ago and subsequently sexually transmit it to her? Using a powerful new tool developed by Cetus Corporation capable of detecting minute quantities of the HTLV-I virus, the deceased ATL patient was found to be infected with HTLV-I. No evidence of HTLV-I infection, however, was detected in the woman's asymptomatic husband. If the husband was

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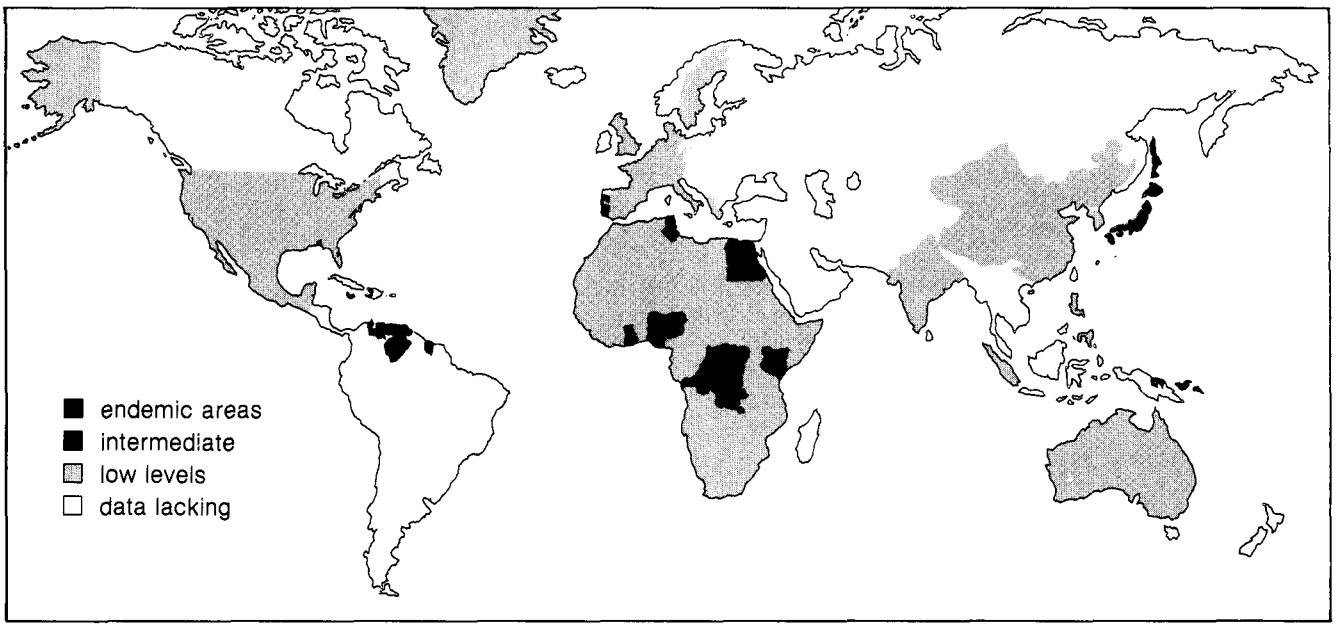

Early migration and trade may have spread the HTLV-I virus from Africa to other parts of the world. At least one theory has the virus reaching the Americas along with the slave trade. It probably arrived in Japan in much the same manner, carried there by Portuguese traders who transported African slaves to the islands. Today, the speed of transmission may be stepped up as people become more mobile. As shown in this map, the main endemic area of HTLV-I close to home is the Caribbean basin. Lesser levels of infection are noted in parts of Latin America and in the United States, but a prevalence rate of 49 percent was found in intravenous drug abusers in New Orleans. Unfortunately, much data is missing for a large part of the world, as indicated in white on the map. The information was collected and compiled by researchers at the National Cancer Institute.

the source of the HTLV-I infection, why was the virus not found in his body? Years ago, did he possess transient levels of HTLV-I, sexually transmit the virus to his spouse, and then clear the virus from his own system? Unfortunately, the answers to these questions will probably never be obtained. These circumstances do point, however, to significant global implications of HTLV-I infection that must continue to be explored and evaluated.

The rates of infection of the general U.S. population have been estimated from a nationwide clinical study conducted by the national headquarters of the American Red Cross. Approximately 40,000 blood donors from eight geographically distinct centers were evaluated for infection with HTLV-I using test kits developed by two different U.S. firms (Cellular Products, Inc., Buffalo, New York, and E.I. du Pont de Nemours & Co., Wilmington, Delaware). This study indicated that ten donors (0.025 percent) were infected with HTLV-I, the highest rates of infection being found in the southeastern United States. This is consistent with the findings that most native-born U.S. ATL patients were born in this quadrant of the country. These compelling data were presented at the American Association of Blood Bankers convention in Orlando, Florida, in November 1987. In a show of hands the assembled blood bankers concurred that, knowing what we know, it would be prudent to begin screening the blood supply for evidence of HTLV-I as soon as FDA-licensed test kits were available. Supportive data was provided to the AIDS Commission in May 1988 in testimony from the author of this article. That testimony also included a recommendation for nationwide blood screening, and the Presidential AIDS Commission made the recommendation in its report to the President on June 23, 1988.

The recommendations for nationwide screening of all blood donors were intended to short-circuit a potential problem one to three decades from now. After the completion of the required clinical studies and review of the clinical data by the U.S. Food and Drug Administration (FDA), diagnostic blood screening tests (manufactured by Abbott Laboratories, Cellular Products, and E.I. du Pont) were licensed on November 29, 1988, by the FDA. The Centers for Disease Control and the FDA simultaneously recommended that all blood donations in the United States intended for transfusion of cell-containing components be screened for evidence of HTLV-I infection.

The call for HTLV-I testing not only represents a major step forward but also is a manifestation of the lessons learned during the AIDS dilemma. By implementing testing today, we may very well ward off the occurrence of another serious retroviral epidemic.

Of perhaps even greater significance, as more information is obtained about retroviruses and their ability to insert their own genetic information into the infected cells' genetic information, the future holds not only hope for a cure for retroviral diseases but also the very real possibility that retroviruses themselves will become powerful scientific tools capable of inserting new genetic information into a diseased individual to correct genetic abnormalities. The ability to control these sinister life forms may very well lead to significant scientific breakthroughs.

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Editorial Page

continued from page 14

perhaps their doctors don't test because they are intimidated by the constantly changing state AIDS laws that require written consent from patients before the test can be given. (See page 96.)

Why shouldn't the Red Cross take the initiative in offering free tests to all who have had blood transfusions? Not because it is too expensive; a review of the American National Red Cross would reveal accumulated net assets of $969,544,000 as of June 30, 1988. Their total revenue for the year ending June 30, 1988, was $984,354,001.

To test an estimated 15,000,000 persons still living who have been transfused would hardly make a dent in their wealth.

The AIDS Commission was told it costs $4 each for the armed services to test their personnel for AIDS. This amount includes the cost of the ELISA screening test (and the confirmatory Western blot test on all positive results). The Red Cross, the commission was told, does millions of tests on blood donors at an average cost of $3 per person because they have fewer positives that need the more expensive confirmatory Western blot test.

If it cost $3 to screen every living blood transfusion recipient, the Red Cross could budget the $45,000,000. This is just a small fraction of their accumulated wealth. They could handle the testing in the same manner they efficiently test their blood donors.

Their loyal volunteers would come forward to help, and the Red Cross' image would be enhanced.

Lincoln

continued from page 67

might come strolling in to try a case or borrow a book from the state library. Situated underneath the capitol structure is the Illinois State Historical Library, a treasure-trove of Lincoln documentation and artifacts.

Within easy walking distance from downtown Springfield is perhaps the most intimately connected of all the Lincoln sites, the only home he ever owned. After marrying Mary Todd in 1842, he purchased the cottage at Eighth and Jackson streets. Three of the four Lincoln sons were born there; one died there in 1850. During the 1860 presidential campaign, the home was a focal point in Springfield for visiting delegations, parades, and hospitality.

Deeded to the State of Illinois in 1887 by Lincoln's son Robert, the home remained open to tourists until the aging building demanded massive restoration. From 1987 to 1988, a $1.7 million restoration project added structural reinforcement, climate control, and replacement of weathered building materials. The entire house was stripped to its bare bones and reconstructed before its reopening in June 1988. In the renovation process history was continually revealing itself. "This house is talking to us all the time," a National Park Service employee remarked, referring to old letters appearing between the walls; the discovery of a long-lost staircase; and remains of chinaware, fabric, and even one of the Lincoln boys' discarded shoes.

The appearance of the Lincoln home was set for 1860, the last full year the family resided there. As part of the restoration, about 60 original Lincoln furnishings were restored and conserved by the National Park Service, which administers the site. Research revealed Mary Todd Lincoln's taste for bold color and billowy floral prints, so once again the parlors, bedrooms, and dining room reflect her sense of style.

The Park Service maintains a visitors' center near the house, with interpretive displays, an orientation film, and informative guides. The area around the Lincoln home was designated a historic district, and period houses are again assuming appearances of the Lincoln era. Some summer days bring upward of 5,000 visitors to the site, visitations since the official reopening of the restored house in June 1988 reflect a strong public interest in the site and its rejuvenation.

When Lincoln left his home of 17 years to become the 16th president, he was not to return. His leave-taking occurred at the Great Western depot, on Monroe Street. The railroad station is now preserved and available for visitors, courtesy of Springfield's *State Journal-Register*. From the back platform of the train departing

continued on page 91

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We're brown-bagging Rice Bran just for you.

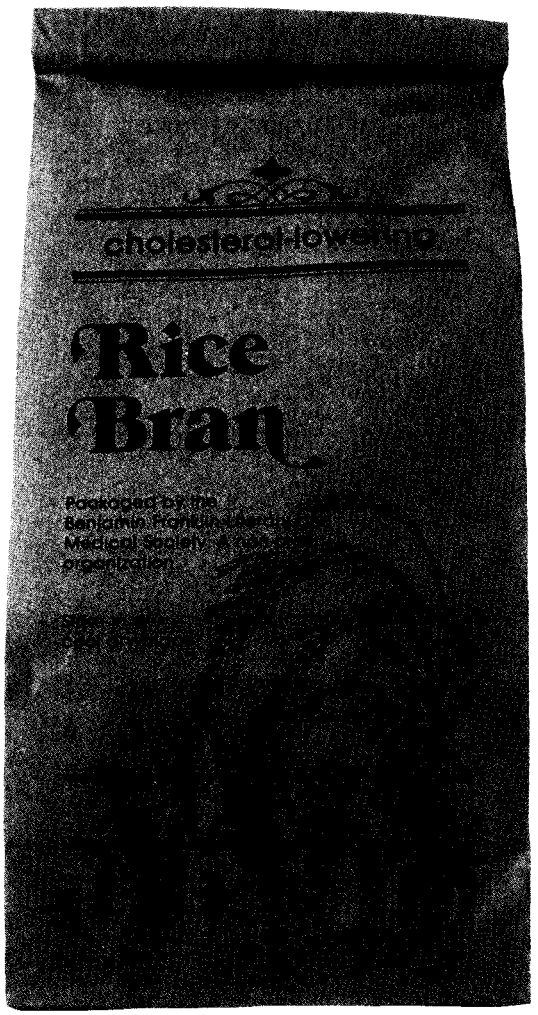
RICE BRAN
FOR A HEALTHY HEART

The fight to reduce cholesterol in America's diet continues, and The Saturday Evening Post Society is leading a new charge—for rice bran *in brown bags*!

Recent studies from the U.S. Department of Agriculture found that rice bran could be highly effective in reducing cholesterol. The studies found that a diet including 10 percent dietary fiber from rice bran reduces cholesterol by more than 15 percent. Brown rice contains rice bran.

According to an industry source, brown rice has long been considered a nutritious, easily digestible whole grain among those favoring health foods. It is not only hypoallergenic (good for those with allergies) but also low in sodium.

So, as usual, your Saturday Evening Post Society is on the cutting edge of the latest developments in the fight against heart disease, cancer, and other life-threatening maladies.



A new front in the war on cholesterol

We're rolling up our sleeves and brown-bagging once again to give you the opportunity to benefit from this exciting development in the battle against cholesterol.

Your Saturday Evening Post Society is offering a brown bag of rice bran to all who send in a tax-deductible contribution that will help the Society in its medical education and health programs.

Along with your bag of rice bran, we'll include special *Post* kitchen-tested rice-bran recipes and a reprint from this issue that tells all about this great advance in the fight on cholesterol. You can share the news with your family and friends by passing the good word around.

Send for YOUR brown bag of rice bran today.

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RECIPES

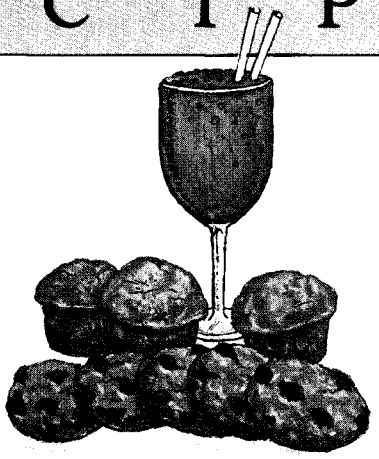
Rice-Bran Cookies
(Makes 2½ dozen)

1 cup rice bran
¼ cup firmly packed brown sugar
½ cup margarine
2 egg whites, beaten
1½ teaspoons vanilla extract
½ teaspoon salt, if desired
1½ cups uncooked quick or old-fashioned rolled oats
½ cup whole-wheat flour
½ cup chopped walnuts or chopped almonds
¾ teaspoon baking powder
1 cup cold water

Sprinkle rice bran on baking sheet. Bake at 350° F. 5-6 minutes or until lightly browned. Set aside. Cream sugar and margarine in large bowl. Add egg whites, vanilla, and salt; beat well. Combine oats, reserved rice bran, flour, water, walnuts, and baking powder in medium bowl; blend into sugar mixture. Drop dough by teaspoonfuls onto greased cookie sheet; flatten lightly with fork dipped in flour. Bake at 350° F. 10-12 minutes until smooth. More or less fruit juice may be used according to taste.

High-Fiber Cereal Sundae

Arrange your choice of two or three different kinds of high-fiber cereals and rice bran in a bowl. Sprinkle with raisins, chopped dates, or fresh fruit. A dash of cinnamon to spice it up can be included. Serve with low-fat milk.



Orange Milk Shake
(Makes 2 servings)

2 cups orange juice
2 ounces rice bran
1 cup sliced peaches
1 cup vanilla yogurt

Place all ingredients in blender. Process until smooth.

High-Protein Bran-Fruit Rounds
(Makes 36 bars)

¼ pound seedless raisins
¼ pound dates
¼ pound pitted prunes
¼ pound figs
1 tablespoon lemon juice
½ cup miller's unprocessed wheat bran
½ cup rice bran
½ cup wheat germ
1 tablespoon grated orange rind
¼ teaspoon allspice

Grind fruit in food chopper. Add all other ingredients and mix well. Form into 12" roll. Wrap in wax paper and chill. Slice in ¼" rounds and serve.

Berry Slurry
(Makes 2½ cups)

½ cup cherries
½ cup strawberries
1 cup apple-raspberry juice
¼ cup rice bran
½ cup plain low-fat yogurt
Or another variation:
1 cup blueberries
1 cup apple-raspberry juice
¼ cup rice bran
½ cup plain low-fat yogurt

Place all ingredients in blender and blend until smooth. More or less fruit juice may be used according to taste.

High-Fiber Fruit Muffins
(Makes 12 muffins)

1 cup quick-cooking oats
½ cup flour
½ cup rice bran
1 tablespoon baking powder
½ teaspoon cinnamon
1 cup skim milk
1 cup fruit bits or dried fruit
¼ cup vegetable oil
1 egg white

Heat oven to 400° F. Prepare 12 medium muffin cups. Combine oats, flour, rice bran, baking powder, and cinnamon. Add combined remaining ingredients; mix until moistened. Fill cups ¾ full. Bake 20 minutes or until golden brown.

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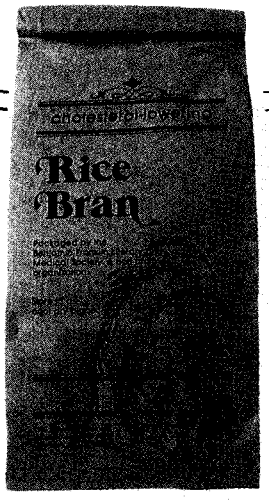

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THINK SMALL WHEN GROWING TOMATOES

Pixie II, Tiny Tim, and Gold Nugget are little wonders that pack great taste in petite packages.

by George Bria

My romance with small tomatoes began in the wintertime in an unromantic place—the supermarket. The cherry tomatoes were the only ones with any flavor on the produce shelf. What's good in a carton, I reasoned, must be sensational in the garden.

My hunch proved right, and I now grow various little ones for salads, relegating my larger tomatoes mainly to stuffing and cooking or slicing for sandwiches. My experience seems to be shared by more and more people, judging from the increasing abundance of small tomatoes at parties, in salad bars, and in listings in seed catalogs. Tests conducted on some small ones indicated that they had twice the concentration of vitamin C than in the larger varieties.

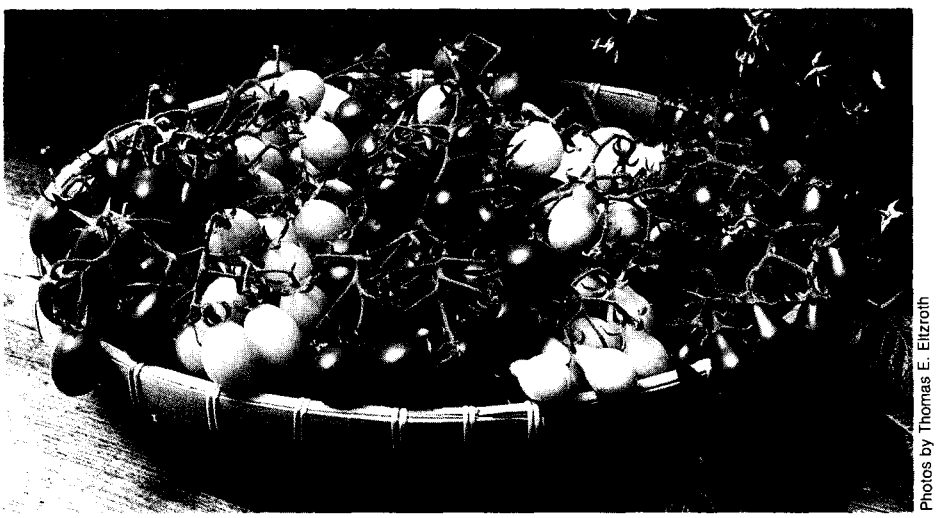
A cherry tomato even made it to the Reagan-Gorbachev Moscow summit, meriting a line to itself on a banquet menu.

The latest seed catalogs have a dazzling number of small tomatoes on display. They range in taste from mild to very sweet and in size from three quarters of an inch to two inches, and they come in numerous shapes and various shades of red or yellow. The Tomato Growers Supply Company of Fort Myers, Florida, which deals exclusively in tomato seeds, offers no fewer than 19 cultivars, including a dwarf named Florida Petite that needs only a four-inch pot. Another, Florida Basket, is a low-growing plant ideal for a hanging planter.

My favorite is Yellow Pear, a cultivar with a tantalizing blend of tart and sweet. But I also keep trying others for variety and contrast. The sweetest I've grown is Sweet Million.

Talking with breeders, I learned that the sprightlier flavor of the small fruit is due to its higher concentration of sugars and acids. The tiny currant tomato, hard to find nowadays, may strike one as so rich it needs dilution.

One reason for the proliferation of small tomatoes is their suitability for small gardens or container growing on patios or apartment balconies. If space is severely restricted, gardeners should select "determinate" varieties. These bush tomatoes are relatively short-branched plants that set fruit for a limited period. They can grow much closer in the row and don't need staking.



Photos by Thomas E. Eltzroth

Among them are Pixie II, Gold Nugget, Tiny Tim. Some dwarfs, such as Florida Petite or Red Robin, are only eight inches to one foot tall.

"Indeterminate" varieties, on the other hand, are vining plants that gobble up territory and keep producing fruit until frost. Yellow Pear is one of these, and so are Sweet 100, Sweet Million, and Sweet Chelsea.

Catalogs are increasingly identifying tomatoes as "determinate" or "indeterminate" to facilitate your choice. Some fanciers say the "indeterminates" taste better. If you have a small garden and want to try an "indeterminate," sharp pruning will squeeze it in.

For more information on small tomatoes, write to the *Post*, Box 567, Indianapolis, IN 46206.

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Lincoln

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for Washington, Lincoln bid his Springfield friends "an affectionate farewell." He remarked, "I now leave not knowing when, or whether ever, I may return."

Lincoln's mournful return as an assassinated hero in 1865 solidified his impact on Springfield. When he was buried in Oak Ridge Cemetery on the outskirts of town, it immediately became evident that Springfield would become the mecca for Lincoln pilgrimages. A majestic white granite tomb and obelisk now towers over Oak Ridge and marks the burial place of Lincoln, his wife, Mary, and three of their four sons: Edward, Willie, and Tad. The approach to the tomb is dominated by a bust of the beardless Lincoln; the prominent nose has been rubbed to a sheen for good luck by the millions who have visited the site.

At the end of Lincoln's trail is reverence and simplicity. The interior of the tomb includes significant Lincoln speeches in bronze and statuary depicting the man as rail-splitter, prairie lawyer, and finally, "Great Emancipator." Lincoln's actual grave site is marked by a marble monument with the words of Secretary of War Stanton written above: "Now He Belongs to the Ages."

"Here I have lived," Lincoln said of his Springfield years. There, the memory of pre-presidential years lingers on, just as it does on the trail of log cabins, rail fences, and quaint homesteads that compose the living history book of Lincoln's footsteps through frontier America.

Pint-size Pets

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little pigs, has begun to breed them for selling purposes.

Lines of a Thoroughbred

Nature for thousands of years has produced small versions of typically large animals. The potbelly pig is an example, as is the pygmy goat, a domesticated version of a tiny wild goat that once roamed the hills of Africa. In other cases, breeds of miniatures—such as horses and donkeys—are created by selectively breeding the midget offspring of normal-size animals. Because size is genetic, little horses and donkeys tend to produce other little horses and donkeys.

"We're just the opposite of the big-horse people," says Barbara Ashby, the registrar of the American Miniature Horse Association in Burleson, Texas. "They want big studs; we want little studs, smaller than the mares."

Activists Fret

The miniature horse looks more and more like a thoroughbred. A miniature stallion that emerged as a recent grand national champion from an elaborate minature horse show circuit was so Arabianesque that he fetched $100,000 from a miniature horse breeder.

Such prices are rare, though. Run-of-the-mill registered mini-horses and mini-donkeys sell for about $1,500. Chinese potbelly pigs cost about the same. Registered mini-goats are a comparative bargain at $160; dwarf rabbits can be had for as little as $20.

Not everyone favors the trend toward pint-size pets. Some animal-rights activists say selective breeding programs whose goals are solely to produce tiny eye-pleasing critters are cruel and needlessly trivialize animals. "I find it shocking," says Libby Schenkman, of the Animal Rights Connection, a Berkeley, California, group. "It's human selfishness . . . to take an animal and turn it into the latest toy on the block."

Though beloved by their owners, mini-pets often run afoul of laws, adopted by most cities, that prohibit keeping barnyard animals in their urban arena, regardless of size.

The case of B.J., a Costa Mesa, California, pygmy goat, proves that cities sometimes can be bighearted about little animals, however. B.J. belongs to Angela Raj Kumar, who last fall was served with a notice from city inspectors that the goat's presence was technically a violation of city codes. Raj Kumar, noting that B.J. was housebroken, smaller, and better behaved than some dogs roaming the neighborhood, got supportive neighbors to sign a pro B.J. petition. She then took B.J. to a town council meeting, where he exhibited impeccable pygmy-goat behavior.

The council voted to let B.J. stay. Raj Kumar sighs with relief: "I was worried about what would happen to B.J. He was raised as a house pet. What else could you do with a goat that was fed a bottle and slept in a bed for the first year of his life?"

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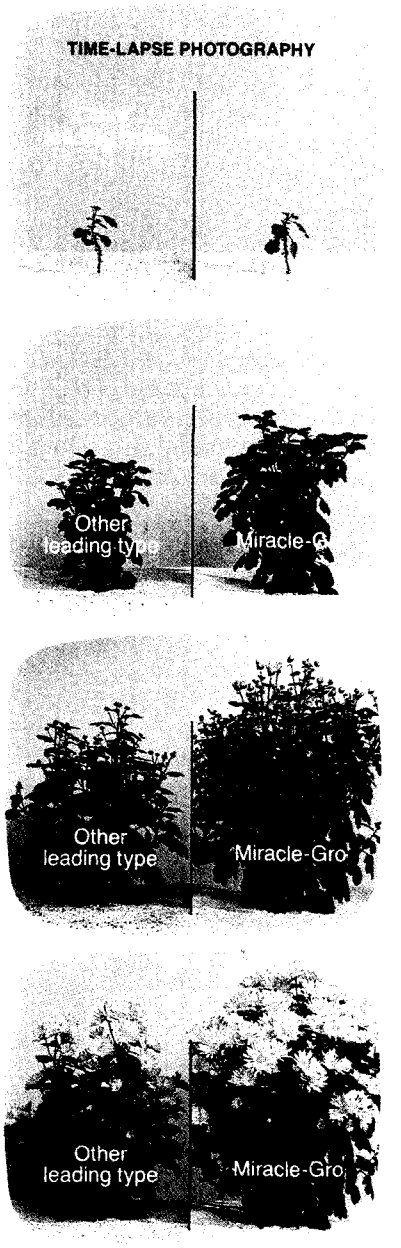

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RICE BRAN RECIPES TO LOWER CHOLESTEROL

Health-conscious consumers welcome a "bran-new" way to add variety and flavor to fiber-rich foods.

A sweet new addition to the current blitz of bran products comes from an old friend—rice.

The good news is that rice bran, the brown layer removed when the familiar white kernel is processed, has been tested and found to reduce cholesterol levels as effectively as oat bran. Better yet, the newcomer boasts a natural sweetness that curbs the amounts of sugar and artificial sweeteners needed in recipes. Dessert fans can have their cake and eat it too. They can indulge their sweet tooths without suffering unnecessary guilt about taking in extra calories.

More rice-bran research is in the works, says the U.S. Department of Agriculture. Grain suppliers already are seeing a burst of interest in their wares, and new companies are cropping up to capitalize on the success of the products. Health-conscious consumers stand to gain from all this

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activity. They welcome a "bran-new" way of adding variety and a slightly different flavor to fiber-rich foods.

"This rice-bran thing is going to take off," predicts Dr. Robin Saunders, who supervised the USDA rice-bran tests. Houston food technologist Dr. John Hunnell agrees: "We're anticipating that the brown-rice and rice-bran market is about to explode. This is particularly true because rice bran as a consumer product is not yet widely available. Rice bran has traditionally been sold for use either in multi-grain breads, cereals, and other bakery products or as animal feed."

But this is changing. One reason for the change is availability. New technology has been developed to preserve freshness and extend the shelf life of rice bran, thereby making it usable as a food resource. The bran that has been milled off the rice kernel is run through a machine that creates heat to deactivate enzymes and stabilize the bran.

The innovation came just in time. The benefits of oat bran have been known for years, but Saunders cites two advantages that rice bran may have over its oat counterpart: that it's naturally sweet, and that "you need to eat less of it to get the same [cholesterol-curbing] effect." Still another selling point is cost. Oat bran is priced at about 80 cents per pound; rice bran costs less for a comparable amount.

But all the scientific evidence in the world may not be as convincing as an old-fashioned taste test. Ours begins with a hearty main dish—Healthy Rice-Bran Meatballs.

Healthy Rice-Bran Meatballs
(Makes 4 servings)

5 sprigs parsley
4 slices whole-wheat bread, crusts removed
1 small onion, quartered
1 tablespoon garlic powder
½ teaspoon salt, if desired
½ teaspoon pepper
½ teaspoon oregano
1 pound extra-lean ground beef
½ cup rice bran
3 egg whites or *equivalent egg substitute*
¼ cup canola oil

Place all ingredients into food processor bowl. Process until thoroughly blended. Shape mixture into 12 (2″) meatballs. Cook in oil over medium heat until browned. Drain meatballs. Serve with favorite tomato sauce.

Turkey Soup

¾ cup diced turkey
1 cup chopped onion
2 cups chopped celery
1½ cups chopped carrots
1 cup mushrooms
2 tablespoons canola oil
⅓ cup rice bran
4-6 cups turkey stock
1 zucchini, grated
1 green pepper, chopped
1 tomato, chopped
2 tablespoons white vinegar, if desired
Pepper

Sauté turkey, onion, celery, carrots, and mushrooms in oil until soft. Stir in rice bran and cook at medium heat 2 minutes. Pour in turkey stock and add remaining vegetables. Simmer 1 hour. Season with vinegar and freshly ground pepper.

Brown Rice Olive Salad
(Makes 4 servings)

2 cups cooked brown rice (cooked in chicken broth), cooled to room temperature
½ cup each *sliced celery and sliced ripe olives*
¼ cup each *finely diced onion and finely diced red pepper*
¼ cup bottled Italian salad dressing
2 tablespoons rice bran
Lettuce leaves

Combine rice, celery, olives, onion, and red pepper in large bowl. Blend salad dressing and rice bran in small bowl. Pour over rice mixture and toss. Serve on lettuce leaves.

Pineapple Berry Muffins
(Makes 24 muffins)

2 cups rice bran
½ cup all-purpose flour
¼ cup brown sugar
1 tablespoon baking powder
1 cup raisins
1 cup chopped walnuts
½ cup skim milk
½ cup raspberry juice
1 cup chopped frozen or fresh strawberries
1 cup crushed pineapple
2 egg whites or *equivalent egg substitute*
2 tablespooons canola oil

Heat oven to 425° F. Combine dry ingredients, raisins, and walnuts in small bowl. In large bowl combine milk, raspberry juice, strawberries, pineapple, egg whites, and oil. Add dry ingredients; mix until moistened. Spray muffin tin with coating and fill cups ⅔ full. Bake 17 minutes.

Spinach Dip
(Makes 2¾ cups)

2 cups low-fat cottage cheese
1 package (10 oz.) frozen chopped spinach, thawed and drained
¼ cup rice bran
1 envelope (1 oz.) dip seasoning mix
2 tablespoons reduced-calorie sour cream
1 clove garlic, minced
⅛ teaspoon hot-pepper sauce
Rice cakes or rice crackers

Combine all ingredients except rice cakes in food processer bowl or blender; process until smooth. Chill. Serve with rice cakes or rice crackers.

"Branana" Nut Bread
(Makes 16 slices ½" thick)

1 cup (2 large) mashed ripe bananas
½ cup sugar
1 teaspoon vanilla extract
3 egg whites or *equivalent egg substitute*
1¼ cups whole-wheat flour
¾ cup rice bran
¼ cup chopped walnuts
¾ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
¾ cup skim milk
¼ cup canola oil

Preheat oven to 350° F. Grease bottom of 8″ x 4″ loaf pan. Combine bananas, sugar, and vanilla in medium bowl; beat at medium speed 1 minute. Add egg whites and beat well. Combine dry ingredients in large bowl. Combine milk and oil in small bowl. Add banana and milk mixtures alternately to dry ingredients; mix well at low speed. Pour batter into pan. Bake 50-60 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan. Cool completely to cut.

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MEDICAL MAILBOX

by Cory SerVaas M.D.

Nothing is so certain as that the evils of idleness can be shaken off by hard work.—Seneca

The Loss of a Husband and Father

Dear Dr. SerVaas,

I've been trying to get the courage to write to you; I will give it a try. My husband was the writer—he wrote about his hunting trips, his beagles, and toy fox terriers. We were married in 1948. I worked; he went to school to get his degree in engineering. In 1952 we started our family. A daughter was born, and in 1953 our son and in 1955 another daughter. Like I said in the beginning, he loved to hunt, and I put up with it—I always knew where I could find him in the woods, and I loved him. This is so very sad for me to write; we all went through so much pain. He suffered so much and we did also.

In 1984 he had open-heart surgery in Atlanta, Georgia, at Crawford Long Hospital. Dr. Lynton Bishop, his heart doctor, has told my son that his father got blood three times while at Crawford Long Hospital. He had been in that hospital on and off from 1981 through 1986. The surgeon said "no," he never got blood while at Crawford Long Hospital. We all knew he got blood in 1984; he told us and a lot of his friends also knew this—but he is gone now.

Mrs. Sally Young, her son, Gary, and her late husband, Ernie Young, in happier times prior to Ernie's diagnosis of the devastating condition of AIDS. A loving family asks the medical profession to be more aggressive in the early testing for and diagnosis of a dangerous disease.

In 1987 he had a cough that he just couldn't shake. He also was getting sores on his head and face. A skin doctor in Huntsville, Alabama, was burning them. He would get fever blisters on his lip. About this time he developed a lump on the right side of the neck. He saw several doctors for this, and they said it was nothing to be concerned about—or they said it was a saliva gland and very seldom are they cancerous.

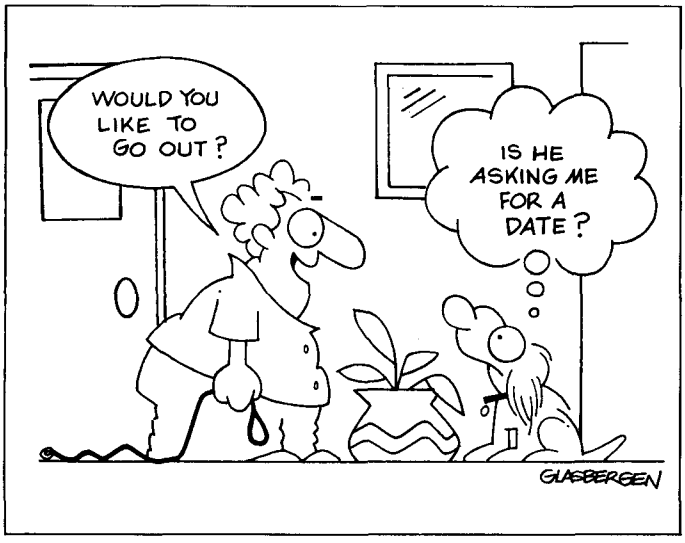
In February 1988, an ear, nose, and throat doctor requested a needle biopsy—it showed nothing. On Feb. 24, 1988, he went in for the mass, and we were told it was lymphoma. A cancer doctor was brought in, and after body scans, my husband was told it was a slow-growing cancer, 95 percent curable, was only in the neck, and would need 40 radiation treatments.

In the second treatment he started vomiting—he had a sore throat, no saliva, and he could hardly swallow. He got 12 treatments and ended up at Humana Hospital in Huntsville under the care of doctors from the Cancer Center. He could not breathe right and still could not eat or swallow. He was told he was overly sensitive. He was at this hospital 12 days, and they were looking forward to him resuming his radiation treatments. He came home on a Friday, and on Sunday he was on his way to St. Thomas Hospital in Nashville, Tennessee.

Here they couldn't believe his ravished condition—he was anemic and could not breathe. They also found out in the next few days he had histoplasmosis, and they started him on amphotericin treatments. This was horrible to watch. They also found out he had no cancer in the neck. It was in his liver, and growing fast.

On May 10, 1988, they found out he had AIDS.

We could not believe this. He asked them to check the blood again and they did. He told the doctor that he had gotten blood when he had his open-heart surgery. He asked that all medication be taken away—he just wanted something for comfort. He also signed a living will.



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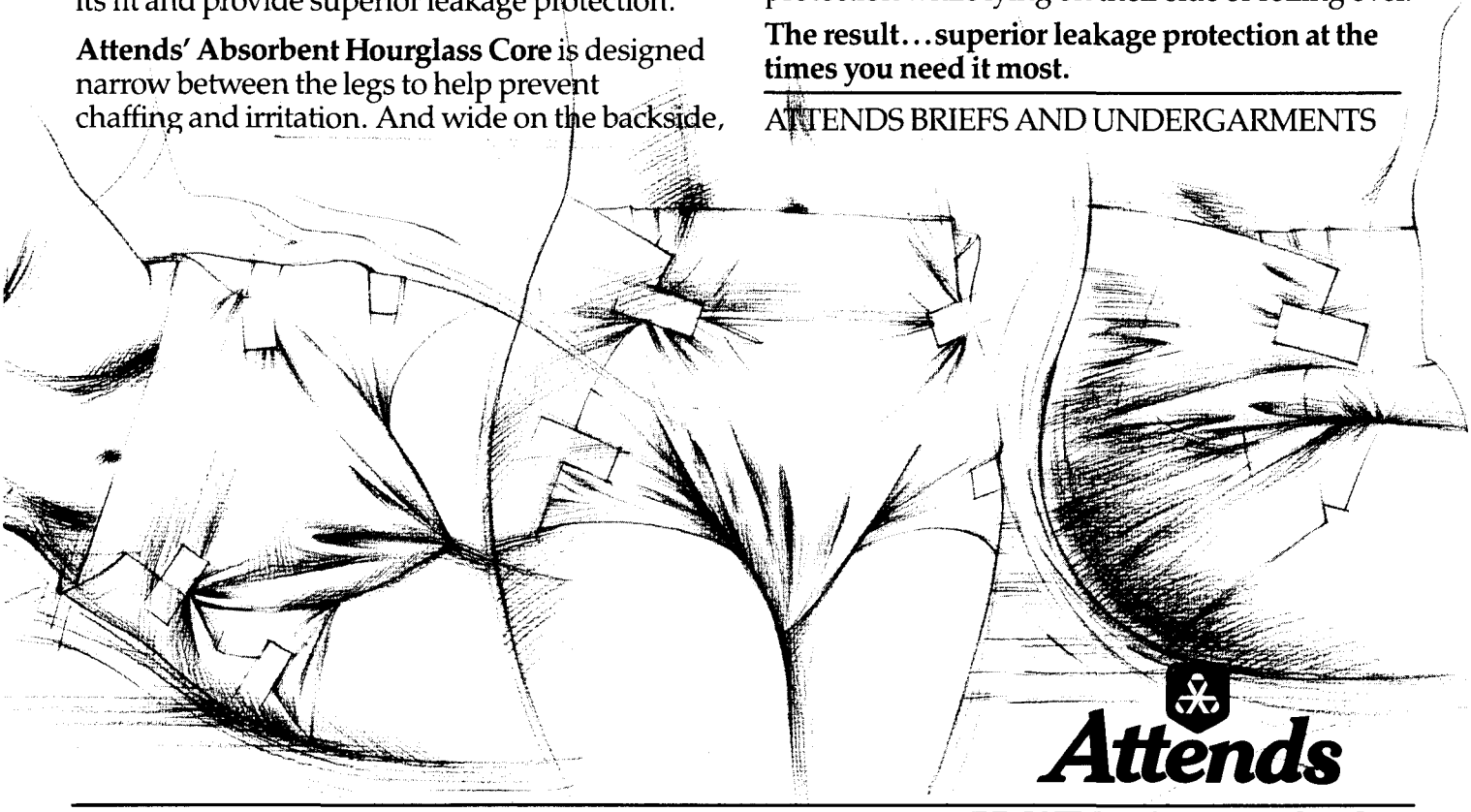

Attends

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PROTECTION IN MOTION

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A doctor from the infectious disease department came in one day and wanted to know the names of his [my husband's] friends because Crawford Long Hospital did not give him any blood—ever in all his stays. My husband was dying and he [the doctor] wants this information. I don't know what he heard, but I was holding his hand and tears were really coming down. Then my daughter walked in and said, "Mom, what's wrong?" I pointed to the bathroom so we could talk, and my husband said, "Someone told your mother a bad joke." I know this disease is not just for homosexuals.

This same surgeon tells me that maybe my husband got blood in 1958, when he was in an auto accident and was laid up for about seven months—his pelvis was broken and had to be wired. Yes, I am sure he got blood—but I mentioned this to the doctors at St. Thomas and they said no, it was too far back; 1984 would have been the right incubation period.

This same doctor, when we talked to his secretary some time back, told us that he asked her to tell us that she needn't look through the records. If he had open-heart surgery in 1984, he did get blood and it was not screened then.

The nurses at St. Thomas were the best ever—they loved my husband. Of the 43 days, I was with him except for two days. I went home to bake a pound cake for our anniversary. I took care of all his needs at the hospital—this is the way he wanted it. We all miss him, and I know I'll never forget him. It sure is rough.

Deep down in my heart I know what my husband was—and no one can tell me any different.

Mrs. Sally Young
Fayetteville, Tennessee

After receiving this letter from Sally Young, we learned from her son, Gary, that he had received medical records from the Crawford Long Hospital in Atlanta showing that his father had received two units of blood for prostate surgery in 1986.

Gary and his sister Donna are sorry that their father wasn't treated for AIDS much earlier when his cough wouldn't respond to the treatment he was given. Gary expressed concern that the doctors didn't test his father for AIDS because he didn't seem to fit the pattern of someone at risk. "Perhaps," he said, "they were afraid to test and didn't want to embarrass him about asking for permission." (See page 14.)

I told Gary and Donna that unfortunate cases like their father's might help cause state legislatures to pass laws such as the one recently passed in Illinois. This groundbreaking Illinois law that permits physicians to test patients' blood for the AIDS virus in accordance with standard medical practice will reduce the spread of the disease and improve treatment of those infected, the legislation's author told us.

"To my knowledge, this is the first law in the United States which expressly acknowledges that AIDS is a medical problem, not a civil rights issue," said State Rep. Penny Pullen, the Illinois house assistant minority leader and a member of the Presidential Commission on the HIV Epidemic. "Doctors should not have their hands tied in treating a disease that threatens to overwhelm our ability to battle it.

"The new Illinois law provides that any patient who has consented to medical treatment can be tested for the AIDS virus if his or her physician judges the HIV test to be 'medically indicated' for proper diagnosis and treatment of the patient. Previous law required the physician first to obtain written informed consent specifically for the HIV test, an extraordinary requirement which is not applied to any other diagnostic procedure currently employed in medical practice.

"Though HIV disease still is not curable," Pullen said, "medical research has improved the prospect of controlling and even preventing the secondary contagions which ravage the health of infected persons and in most cases result in death. But the key is early, accurate diagnosis. Statutory law must not burden the ability of a physician to diagnose patients.

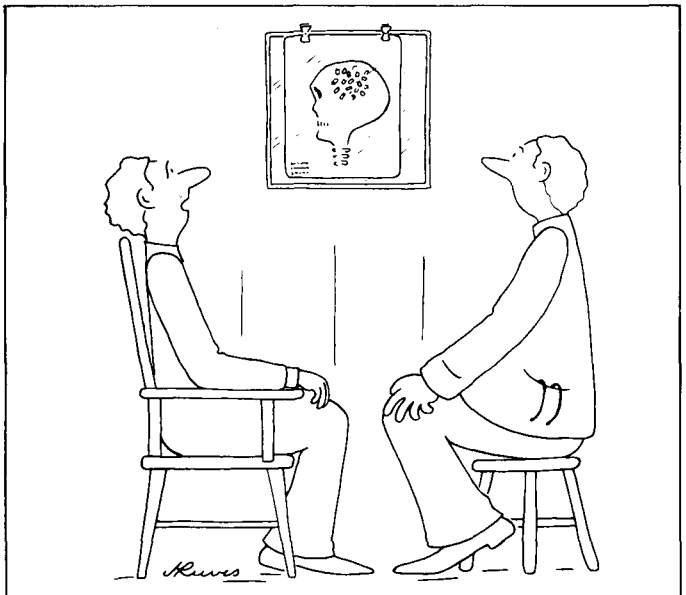
"We have a real chance now to identify the scope of the disease and get treatment to those who need it as quickly as possible.

"The new law, endorsed by the Illinois State Medical Society, will help carry out the presidential commission's call for early diagnosis of HIV disease," Pullen said. Because as many as 95 percent of those infected with the AIDS-causing HIV virus are unaware they are carrying the disease, Pullen believes that the new law is essential because not only will it inform those infected, but it will enable them to receive counseling about how to avoid the spread of the disease, and receive early treatment crucial to delaying onset of full-blown AIDS.

"This law will benefit society by helping slow the spread of AIDS while improving the quality and length of life of those infected," Pullen said. "If fully used by physicians, it can be an important tool in early diagnosis."

Pullen hopes other states will soon enact similar laws. "We're pleased to have the law in effect in Illinois, but AIDS is an epidemic, a disease which respects no boundaries," she said.

"Every state needs to allow its medical community to use its full competence if we are to make any headway against the epidemic and help those millions of Americans believed already to be infected."



"All this time I thought those earplugs were falling out."

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Good News for Lung Transplants

Dear Dr. SerVaas:

It was very exciting to read in the *SatEvePost* about Bert McMahill's successful lung transplant [March '89]. I am surprised that I didn't see it in the *Des Moines Register*. I have emphysema, and it is good news to hear that they are doing this procedure so "close to home." We live only 130 miles from Des Moines. Unfortunately, though, since I am 62, it sounds as if the surgery is not available to me at this time.

I would like to write to Mr. McMahill, but his address was not included in the article. I also would like to contact Amy A. Wigginton of Terre Haute, Indiana. I read her letter in the November '88 issue about the treatment she had received at Duke University.

Thank you so much for all the medical information you offer in *The Saturday Evening Post* and especially, in my case, the encouraging articles about COPD. I wish your brother had been as fortunate as Tom Hall, Patsy Ruff, and now Bert McMahill.

Janell Slattum
Joice, Iowa

A Better Way

Dear Dr. SerVaas:

A friend of mine recently underwent gallbladder surgery; her recovery period has been delayed by a diagnosis of a "chemical imbalance." Fortunately, a complete abstinence from even non-aspirin painkillers for the next four months should correct the condition. Unfortunately, she suffers from an arthritic condition which is concentrated in her neck area.

As we talked, I was sure (even with my limited exposure to your magazine) that you would have some suggestions. I recently subscribed to the *Post* and have found each issue both enjoyable and informative.

I was unable to locate any information on arthritis in a search of my few back issues, so I am writing to request a copy of anything you think may help. Thank you for your assistance.

Marjorie Bridson
Ontario, New York

We did an article in the May/June '83 *Post* entitled "If It's Arthritis, Know What Kind." This article lists diets that have helped some people with certain types of arthritis. We're enclosing a copy. Taking warm Jacuzzi baths or swimming in heated pools can help relieve some arthritic pain. Heat treatments twice a day and some exercises prescribed by a rheumatologist and physical therapist would also be helpful.

Unfortunately, recovery from gallbladder surgery isn't always easy. It is too late for your friend, but you should read about lithotripsy to remove gallstones without surgery ("Medical Mailbox," October '88 and April '87).

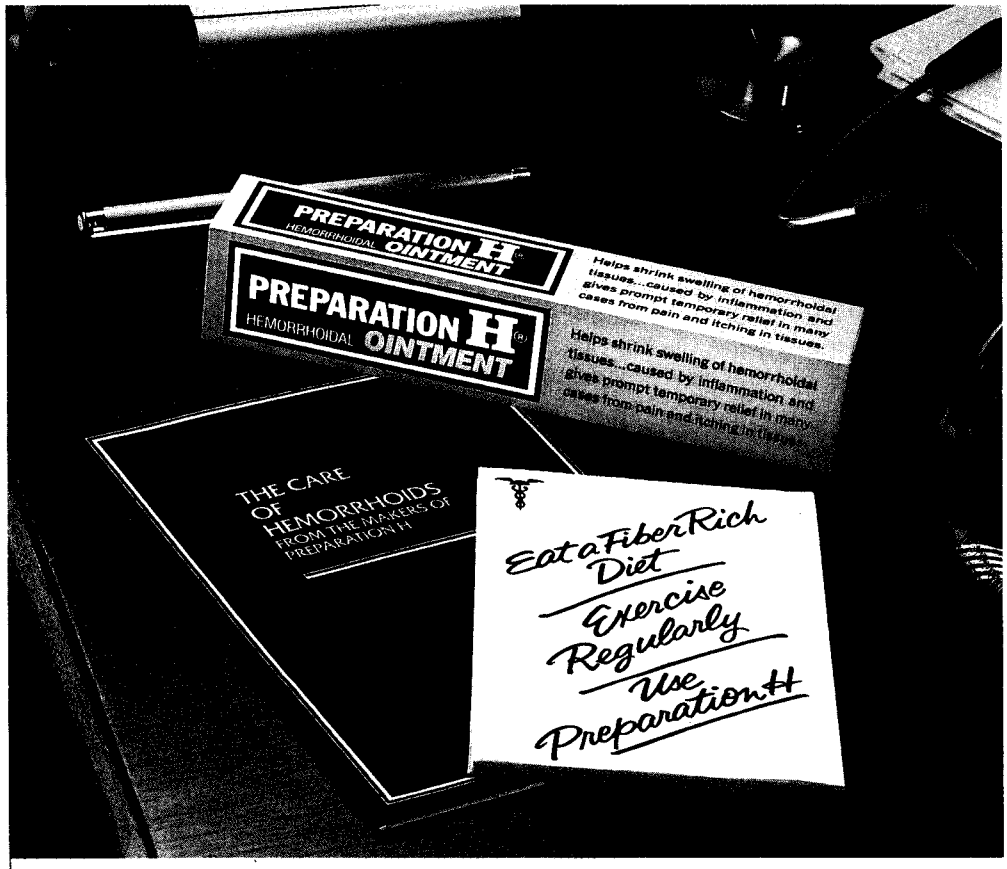
Dear Dr. SerVaas:

I have gallstones and have to watch my eating.

Would like to know more about lithotripsy and other alternatives to surgery and the hospitals that do it around my New Jersey location.

Ellsworth Barthen
Hasbrouck Heights, New Jersey

The University of Pennsylvania in Philadelphia and Massachusetts General Hospital, in Boston, are two centers doing gallstone lithotripsy. For up-to-date information on gallstone treatments, see page 100, May/June '89.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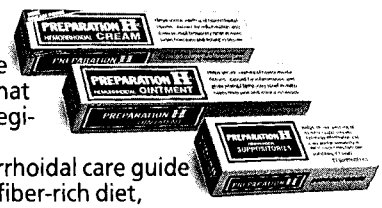
Preparation H.
When your doctor says you don't need surgery.

If the agonizing pain and burning itch of hemorrhoids makes you feel you might need surgery, the very first thing you should do is see a doctor. Most likely, your doctor will tell you that your problem is not that serious and a simple regimen of care can alleviate the problem.

Thousands of doctors distribute this hemorrhoidal care guide from the makers of Preparation H. It advises a fiber-rich diet, regular exercise, and, for flare-ups, Preparation H to help shrink the swelling of hemorrhoidal tissues and often provide temporary relief of pain and itch.

Don't suffer the pain of hemorrhoids or the anxiety of surgery. Consult your doctor today.



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Delay Can Be Dangerous!

Our friend Julie Meek, an intensive-care nurse in a cardiovascular unit, would like to warn our readers that they shouldn't wait to get to the hospital when they have chest pains. Here is her warning:

A man/woman has a squeezing or pressure-like feeling of chest pain. He/she waits—thinking it is indigestion. He paces the floor—maybe breaks out in a sweat—and feels nauseated. He continues to deny the chest pain—takes aspirin or antacid or both in an effort to get relief.

If this sounds like something you would do—or that has happened to a loved one—read on!

Health-care providers are diligently trying to get the word out that *delay is dangerous.* They hear similar stories on a day-to-day basis in emergency rooms around the country. They are currently reporting some frightening statistics:

In 1984, 540,200 people died of heart attacks—more than two-thirds dying before they reached the hospital.

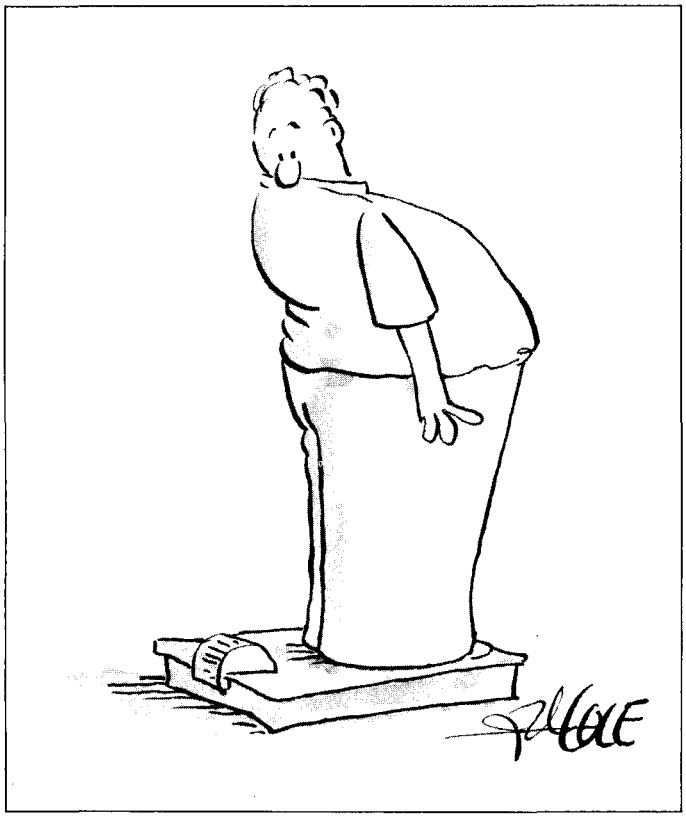
Not only can hospital personnel treat dangerous rhythm disturbances that often arise during the first two hours—but they can often save "heart muscle" with drugs, balloon angioplasty, or bypass surgery.

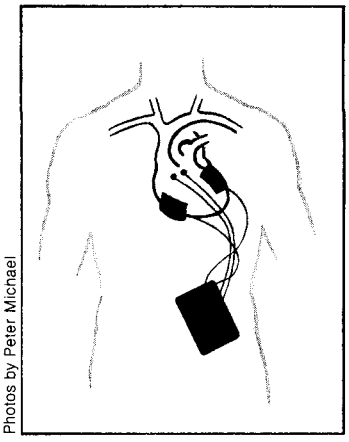
The message comes through loud and clear—*don't delay*!

If you experience a squeezing chest pain that doesn't go away in two minutes, sometimes but not always associated with shortness of breath, sweating, or nausea—call your emergency medical service immediately to take you to the nearest emergency facility.

Your life may depend on it!

Julie Meek, R.N.
Cardiology Section, Methodist Hospital
Indianapolis, Indiana





Photos by Peter Michael

If CPR doesn't revive an arrested heart, a defibrillator can be a lifesaver. Above, Andy Burnett, an emergency medical technician, demonstrates a user-friendly defibrillator. At upper right, a miniaturized version, implanted just under the skin, will shock into action a heart that stops beating. After suffering near-fatal cardiac arrest, Frances Murphy, right, is consoled to know her help is within. Her defibrillator is safely implanted under her belt.

Getting to the hospital at the first sign of pain may not be an option. There are some who die from sudden cardiac arrest who have never had chest pain; the electrical circuitry in their heart goes awry or a clot suddenly occludes the blood supply to the heart muscle. In these cases the most important factor for survival would be for someone in the immediate vicinity to know how to administer cardiovascular pulmonary resuscitation. That's why we crusade to have all third-graders in the country taught this important first-aid information.

Even the most professionally executed CPR cannot always restart a heart, however. Then a defibrillator may be needed to shock the heart back into beating rhythmically instead of quivering.

The best news we've heard for some advanced heart disease patients is the successful automatic implantible cardioverter defibrillator (AICD) developed by Dr. Michel Mirowski of Johns Hopkins University. Several thousand are in use. The device is implanted just under the skin near the waistline with wires connecting small leads to the outside of the heart muscle. The leads pick up the signal should the heart stop beating, and the heart is then immediately shocked into action.

One man wearing such a device after having suffered cardiac arrest earlier was out playing golf when he "arrested" again. This time he felt a heavy jolt on his chest. He stopped at the pro shop to call his doctor, who permitted him to finish his golf game.

Frances Murphy was driving her car when she felt her AICD shock her. She pulled over and then she was all right. "As soon as it shocks you, your heart goes back to the normal rate," she said.

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Appealing Idea

Dear Dr. SerVaas:

It seems no doctor ever takes my nail problem seriously, and I want so much to know what to do to correct this chronic condition.

For years my nails have gone through cycles of being paper thin, peeling, turning loose around sides of nail, to one of short growing spurts but becoming very brittle.

I have tried every cosmetic formula I know of that is supposed to help and have taken three gelatin capsules for months. None of these have helped.

I cannot believe it is due to poor or inadequate diet because I eat balanced meals and I am health conscious.

If you or any readers can help me with my problem, I would be grateful. I've battled this problem so long, and aside from unsightly nails, there are always tears and hangnails—and if I hit my hand, there's no protection to my fingers, and it is very painful.

Wanda Williams
Piedmont, Alabama

Dear Dr. SerVaas:

In the April issue of *SEP* Mrs. William VanderWal was asking about her peeling fingernails.

Does she do a lot of knitting? I have the same problem. It happens when I use yarn. I solved it by not knitting. It seemed like it took forever for the fingernail to return to normal. But it did. Could there be a connection? I wonder.

Erma Boling
Flint, Michigan

It might well be the dye in the yarn. We sent Mrs. VanderWal's letter to Dr. Arthur Norins of the dermatology department at Indiana University for his help with her difficult problem. His answer follows:

"Mrs. VanderWal describes one of the abnormalities which can occur with nails, called onychoschizia. In this condition layers of the nail separate and peel off, as individual sheets can be peeled off a pad of paper.

"The nail grows outward from a pouch in the skin. There are growing cells in this pouch which eventually die. The dead cell contains the hard material we call nail. There are many layers of these cells 'glued' together. Usually the glue holds until the nail grows outward to the end of the finger and is trimmed. If the glue dissolves prematurely, then there is separation of the cells and layers are formed. These are easily split away, resulting in the condition called onychoschizia.

"It seems that most frequently the breakdown of the material holding the cells together is due to damage by solvents and detergents. Because of this we suggest the patient not use nail polish or nail-polish remover, and to be careful to minimize contact with detergent solutions. Whenever possible, protective rubber gloves should be worn for household duties.

"The nails should also be trimmed frequently. If they get too long there is natural breakdown which then initiates the split.

"Many people tolerate nail-polish solvents, nail-polish remover, and detergents without problem. This suggests that there is individual variability. In fact, there are some people with onychoschizia who do not have much history of these outside injuries. We do not know what causes this predisposition and have not found any medications which are helpful. In these patients we still try to minimize the problem by avoiding irritant exposure."

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Taking the Pledge

Julie Meek says, "As a cardiovascular nurse, I take care of people every day whose bodies are ravaged by the effects of smoking." She was motivated to get her son Brian's Center Grove school involved, and she organized an event that would culminate in 400 first-graders' shouting their pledge never to smoke.

"The kids are our ambassadors to a smoke-free society by the year 2000—the year they will graduate from high school," she says.

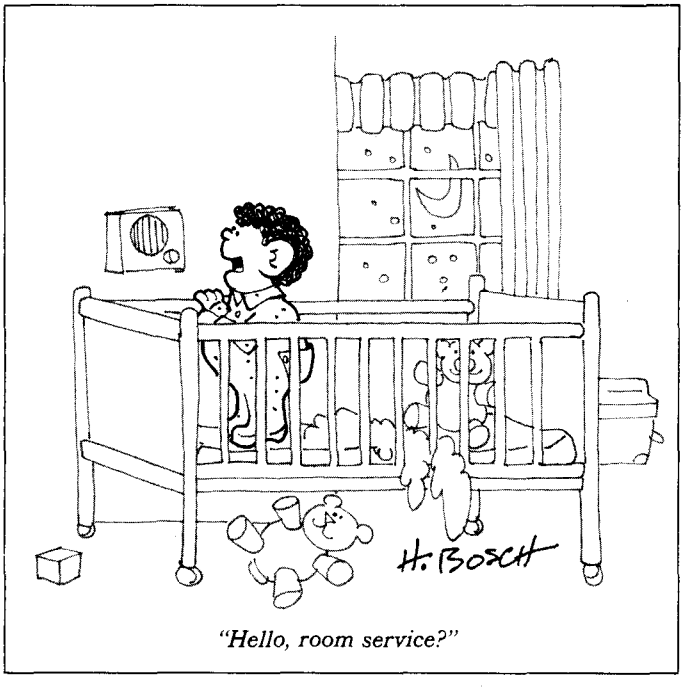
At her request *The Saturday Evening Post* joined the American Cancer Society, the American Heart Association, and the American Lung Association in sponsoring the event at the Indianapolis Zoo. The first-graders wore T-shirts announcing the SMOKE-FREE CLASS OF 2000, and in a mock graduation ceremony, the participating children were awarded mortarboards and diplomas.

Julie Meek, R.N., credits Surgeon General C. Everett Koop with inspiring her to promote a celebration complete with T-shirts, ten school buses, and a mock commencement ceremony. The first-graders, including her son Brian, read Humpty Dumpty*'s health magazines provided by the Children's Better Health Institute.*

Photos by Anita Myers

Under the big top at the Indianapolis Zoo, 400 members of the Class of 2000 gathered to accept diplomas and mortarboards for becoming ambassadors for a smoke-free year 2000. The Smoke-Free Class of 2000 program has been endorsed by more than 25 national organizations, including the American Medical Association.

The students signed pledges never to smoke, then lined up to enter the new Children's Better Health Institute Health Mobile. The visit stressed that smoking is the No. 1 one preventable cause of disease and death in America. Later, the youngsters will be given the opportunity to have a free cholesterol test—but "graduation day" was for fun and included no finger pricks.



"Hello, room service?"

Not Necessarily Non-A, Non-B Hepatitis

Dear Dr. SerVaas:

In the April issue you addressed the issue "Good News for Blood Recipients." I am asking that you address the issue of the donor. I was just notified by the blood bank where I have been donating blood for many years that it could not accept any more blood since my blood indicated non-A, non-B hepatitis. To my knowledge, I have never had hepatitis. I am never ill, never miss work, etc. Could I be a carrier and not have the disease? If my blood may be fatal to others, what is the danger for me?

I appreciate "Medical Mailbox."

Carolyn McIntosh
Bethel, Ohio

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When the blood bank said your blood "indicated" non-A, non-B hepatitis, that did not mean you had it. Blood centers aren't yet using the specific test for non-A, non-B hepatitis because this test has been FDA approved only for clinical trials. It will take longer for the FDA to approve the test for routine screening at the blood banks. There must be some misunderstanding, and you probably weren't, or should not have been, told by the blood bank that you *have* non-A, non-B hepatitis.

Because you live in Bethel, Ohio, we assume you have been donating blood at the Hoxworth Blood Center in Cincinnati. At present they do a core antibody test and an ALT test for liver enzymes. These tests are used as surrogates to decrease the spread of non-A, non-B hepatitis to transfusion recipients. The surrogate tests also screen out AIDS infections that might have been missed by the ELISA AIDS screening tests. (Persons with the AIDS virus very often also carry the hepatitis virus.)

If your enzymes were elevated, that would not necessarily mean that you have non-A, non-B hepatitis. Elevated enzymes can be caused by several other conditions, such as mononucleosis; some medications, including aspirin; consumption of moderate amounts of alcohol; obesity and fatty liver; some hereditary liver diseases; excessive exercise; and other causes of liver injury, such as exposure to some chemicals or toxins.

Evaluation by a physician is needed to tell you which, if any, of these is causing your results. You are probably perfectly all right. Non-A, non-B hepatitis is just one cause of elevated ALT levels in blood donors.

You may be one of those people who carry the virus for hepatitis but never have actually had the disease. Then again, you might have had hepatitis without having been diagnosed. Can you remember being very tired without knowing why? Fatigue is one of the primary symptoms of the disease.

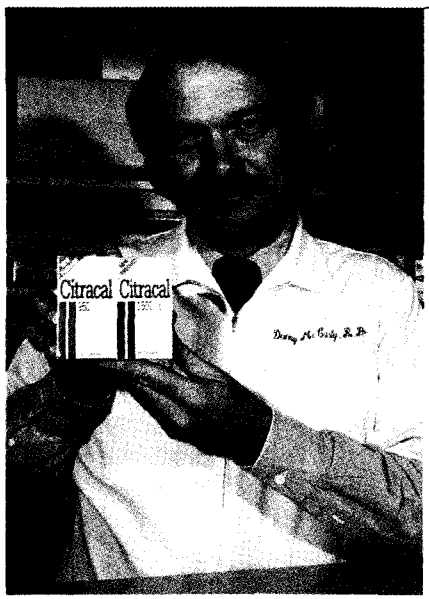
Dr. Miriam Alter, a hepatitis authority from the Centers for Disease Control in Atlanta, estimates that 3 to 7 percent of the population carries the virus for non-A, non-B hepatitis. *The New York Times* recently announced in a front-page article that transfusions cause 150,000 fresh cases of viral hepatitis each year.

Scientific studies have shown that up to 30 percent of post-transfusion hepatitis can be prevented by eliminating donor units with elevated liver enzymes.

These tests are making transfusions safer for the patients in your community. Hoxworth started their core testing in July 1986. The ALT test has been done there since October 1986. When Hoxworth first started doing these screening tests, they were rejecting between 3 and 4 percent of donated blood. Before they screened, your blood could have been accepted even though it contained the elevated enzyme levels.

Because of the threat of AIDS as well as hepatitis, it is far safer to discard all blood with elevated liver enzymes than to take a chance. Stanford University Blood Bank began discarding such blood in 1983, and they infected a far lower percentage of patients with AIDS and hepatitis as a result. It is believed that the new test awaiting further FDA approval will be able to detect 90 percent of all transfusion-related non-A, non-B hepatitis.

There is no specific treatment for non-A, non-B hepatitis. Some of those infected can carry the virus without showing symptoms. Some develop acute hepatitis but recover. Others will eventually suffer liver failure and die. The exact number of such deaths isn't known.



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  Michael J. Nicar, Charles Y.C. Pak, "Calcium Bioavailability from Calcium Carbonate and Calcium Citrate," Journal of Clinical Endocrinology and Metabolism, Vol. 61, p. 391-393, 1985.

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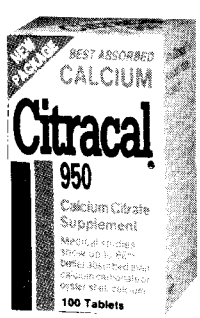

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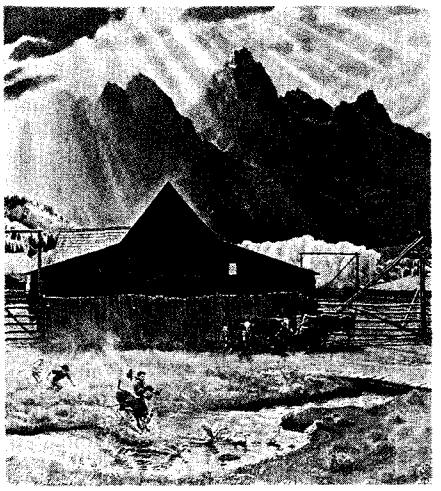
Magnesium for Farm Animals

Dear Dr. SerVaas:

Some years ago my neighbor became interested in the composition of feed for farm animals. What he learned enabled him to end years of misery (kidney-stone misery) by supplementing his diet with magnesium—needed to balance his calcium intake. I have seen references to possible shortages of this mineral in lay literature. Are there any in your professional literature?

Your magazine makes my day.

Jane Wiedenheft
Barrington, Illinois



Magnesium is fed to farm animals in areas where it is deficient in water and forage.

There is a great deal about magnesium in the medical literature. But since you mention feed for farm animals, I must tell you of an interesting physician who knows a lot about magnesium for farm feed. His name is Dr. John Hollifield of the Hypertension Center of Nashville, Tennessee, and I learned about him through Dr. Mildred Seelig, the acknowledged world authority on magnesium. "Colleagues used to 'hoot' at the innovative treatment he used for senior citizens with low magnesium levels," she told me. "But the creative endocrinologist had the last laugh because the unorthodox dietary supplement he specified worked well for the ten years he used it. Only when Searle's Slow-Mag became available did he switch from giving his patients a livestock feed called MagOx, purchased at a local farm supply store," she added.

We were intrigued by the story about Dr. Hollifield's giving MagOx to his patients, and we decided to call him at his clinic to ask about it. Our first question: Was it true?

Dr. Hollifield: Yes, and everybody hoots about that. But the best thing that was available on the market was livestock feed. I used it for about ten years, before Searle put out their Slow-Mag product. I use Slow-Mag now.

Post: Where did you get MagOx?

Dr. Hollifield: I went down to the livestock feed store and bought it.

Post: Do some animals have low magnesium levels?

Dr. Hollifield: They sure do. They express it mostly when they are stressed, but they also develop it because they don't get enough dietary magnesium, unless you supplement it.

Post: Is the water in your area low in magnesium?

Dr. Hollifield: No, in my area, Nashville, Tennessee, we have a lot of magnesium in our soil and in our water. However, many places around the country do not have the benefit of dolomitic limestone bases. They have phosphoritic limestone, which contains no magnesium. And in those circumstances, they don't get enough magnesium.

Plus, if you take elderly people and put them in retirement facilities, they don't get enough magnesium in their food. The reason for this is the government tells them how much to eat, but the old people don't eat it. They out-fox the federal government. And so that's the dilemma you face with older people. They become profoundly hypomagnesemic, and it's often very nice to supplement their food with a little bit of MagOx livestock feed.

Post: It isn't on the market for human consumption?

Dr. Hollifield: Definitely not.

Post: But you prescribe it?

Dr. Hollifield: I don't prescribe it. I just give it.

Post: When did you develop this interest in magnesium?

Dr. Hollifield: I developed it from my own observations and from a man named Peervester, a Swede who taught me about it.

Post: Are the Swedes ahead of us on magnesium?

Dr. Hollifield: They have two doctors who are hotly interested in it, and their human experimentation committees let them do biopsies of healthy hypertensives and their muscles, so they had the opportunity to measure magnesium in a better way than anybody in this country has. The kind of work that they've done for a long time has been an order of magnitude above what we do.

Post: Do you prescribe magnesium often?

Dr. Hollifield: I use it in older people like it's going out of style. And I have several hundred people on it now.

Post: How much do you supplement?

Dr. Hollifield: Four tablets a day.

Post: Slow-Mag?

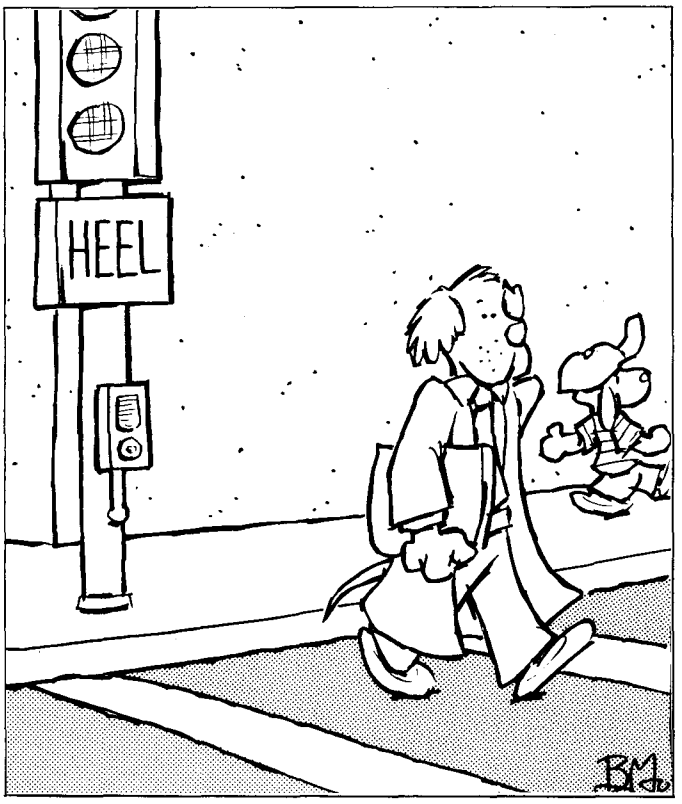
Dr. Hollifield: Yes.

Post: How do you give that, at night or in the morning?

Dr. Hollifield: I give it twice a day, mornings and evenings, with food.

Post: Should it be with food?

Dr. Hollifield: I think so; nursing-home patients probably absorb their magnesium much less well than any other group of people.



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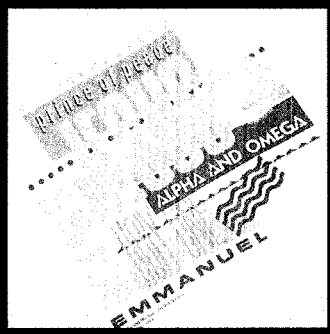

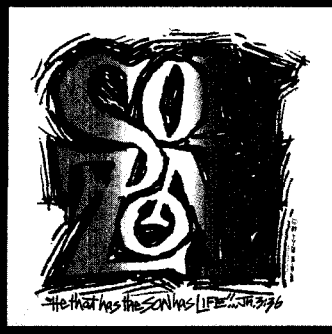

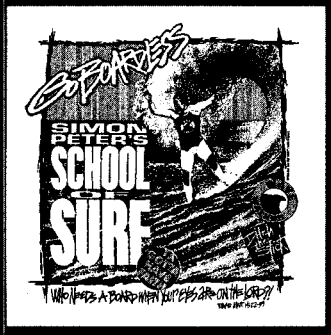

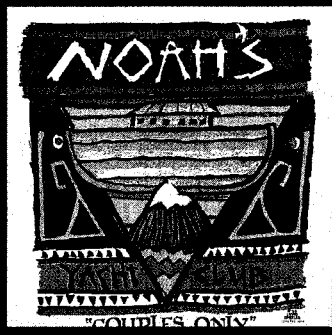

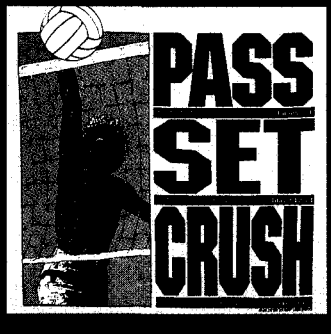

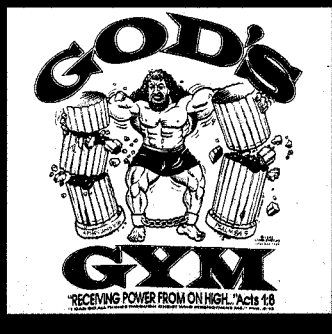

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Lumpectomy

continued from page 46

a slow-growing tumor." He was trying to console me.

When Janet's doctor broke the news to her in the family waiting room there were tears and then prayers that her auxiliary lymph nodes would be free of cancer cells. We prayed that Janet's cancer would be a Stage I—and it was! Twenty nodes were checked and 20 were negative.

Fortune smiles on the prudent. Janet had her first mammogram on the *SatEvePost* Mammobile at 38. She helped us write about Dr. Myron Moskowitz, the esteemed mammography guru at the University of Cincinnati. He made a believer of Janet. He advocated *yearly* mammography for women from 40 to 50 years of age. He argued that women shouldn't wait until 50 for their yearly mammograms as suggested in the NCI and ACS guidelines.

Janet learned something else five years ago when we wrote about Dr. Peggie Findley of the National Cancer Institute, and now Janet was thankful for Dr. Findley's research. The jury was out then, but now we could all feel confident in assuring Janet that a lumpectomy with radiation would be just as safe as a mastectomy. Janet wanted to keep her breast. Her tumor was very small—less than a centimeter. She quickly opted for removing only the lump.

Like the trooper that she is, Janet scheduled her radiation treatments for early each morning for six weeks. Two weeks after surgery, she was back at the *Post*. On her first day back, not only did she look as pretty and as healthy as ever, but she felt that way too.

Shortly after Janet returned to work, we bought plants for the office, and I watched her as she reached up to hang them. "Are you happy that you opted for the lumpectomy?" I asked her.

"Yes," she responded without hesitation. "I think all women should be told that there *is* that option." Janet became serious. "I struck up a conversation with another breast cancer patient in the hospital waiting room this morning," she said. "Her tumor had been small like mine, but her doctor insisted on a mastectomy."

—Cory SerVaas, M.D.

Dialogue on Cancer

continued from page 46

of 30 to have your first full-term delivery—these are all things that have a factor that increases the odds of getting breast cancer. We think they do so by altering the hormonal milieu, but we do not have the precise facts. We're trying seriously to consider an area in which doctors have no consensus. But one of the questions that might be worth asking is would it be worthwhile to give an anti-estrogen drug to women who might be at risk of breast cancer, let's say after the age of 50, as an almost pharmacological nutrient. Tamoxifen is a substance that blocks the activity of estrogen and has relatively low side effects.

Dr. S: How is it used?

Dr. B: Tamoxifen is used in people with advanced breast cancer, but the question is would that be something that we should test. I want to be very clear on this, and if you choose to write about this, please make it clear that I'm not saying that tamoxifen be used for the purpose I've just suggested. What I would hope is that doctors and scientists will ask whether the time is right to make this a test and ask for a study in which women over the age of 50 will volunteer if they have some history of breast cancer in their family. Some women who do not have cancer would volunteer to receive tamoxifen while they are well. And some women would volunteer to receive tamoxifen or receive a placebo. Such a study would be followed for a certain number of years, and we would then learn whether giving tamoxifen in that setting would prevent the development of breast cancer.

Dr. S: If you had a group of women who said, "Yes, we would like to do that," how soon might it be tried?

Dr. B: You have to understand that what I'm suggesting would still be considered controversial in the scientific community, so you would not necessarily reach a consensus; not all doctors and scientists would say the time is right to do this, or there might be additional factors. In order to do what I'm proposing, by the way, one would need to be able to really work out all the issues about whether there's any toxicity or long-term side effects from the drug.

Dr. S: What about colon cancer?

Dr. B: The same thing with colon cancer. My prediction for the future will be that if somebody comes in with colon cancer and has microscopic spread beyond the place where the colon cancer started—even in microscopic amounts and even if all the lymph nodes seem to be taken out of the person's body—such a person has about a 50 percent chance of having the tumor come back, let's say in three to five years. And we will have, I predict confidently, therapies which will make an impact against that. I do not think they will solve the whole problem, but we will lower that high percentage. We are not going to cure people, necessarily, but we will certainly reduce the risk and delay the time that it will take for somebody in that setting to be at risk for cancer again. So I think confidently—take it to the bank—that those therapies will be part of the common practice.

Now that doesn't mean that we have a cure for cancer around the corner, and that's why I want to balance my entire discussion with you, as always, good news and bad news, and I don't want to end any discussion of cancer on either an excessively upbeat note or an excessively downbeat note. I think we have areas where we've made progress. I think we have areas where we have not made as much progress as we want or we haven't made any progress, but I am continuously optimistic about the future.

WHERE DO YOU THINK YOU ARE?

(Answers from page 108)

(Theme: traditional occupations)

1. Marshall, AL	2. Barber, KS	3. Smithfield, NC
4. Potter, PA	5. Miller, SD	6. Cookville, TN
7. Fisher, TX	8. Farmersburg, IN	9. Baker, MT

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Arabia!

continued from page 48

salvagers found the remains of a horse still saddled and bridled. The horse apparently was tied to the deck when the ship sank. In the panic of the wreck, those on board weren't able to set it free.

The *Arabia* began its journey in St. Louis with a load of cargo and about 40 families heading west to Omaha, Nebraska. *Arabia*'s cargo, unlike the *Bertrand*'s, contained mostly goods that reveal the story of westward expansion.

Early salvage efforts focused on barrels of Kentucky whiskey and gold reportedly on board. None of these was found. But the crew did uncover hundreds of thousands of items, including champagne and cognac, crates of butter and cheese, boot pistols, wool and silk fabrics, felt hats, leather boots, clothing, such building materials as nails and tools, prefabricated houses, glassware, tinware, pottery, china, bottles of medicine, and jars of food still intact.

Hawley, the head of the salvage team, researched the *Arabia* for several years before he and his partners attempted to excavate the boat. The group was unsuccessful in the recovery of another steamboat, the *Missouri Packet,* which sank in 1820 near Booneville, Missouri. The team finished that excavation in 1988. When they got to the boat, there was no cargo and the boat's timbers were in such disarray that there was nothing to recover. "You just don't know until you get there what you're going to find," Hawley said. "We're really lucky. We feel very fortunate to have gotten the kind of quality of cargo out of the *Arabia* that we did."

When the *Arabia* was uncovered, the 185-foot-long boat looked as it did more than a century ago. The oak hull and pine deck had been preserved in the silt and water, where no air could reach them. Excavators have been working night and day since they pulled the cargo from the boat to keep the pieces from deteriorating. They're using watering tanks to soak the wooden items in a solution of polyethylene glycol. Jerry Mackey of the salvage operation says it's the same experimental process used in the *Bertrand* project: "Very little has been done in the area of fresh-water excavation. Mostly when you think of a boat, you're talking about salt water. There's a lot that's been done in that area, but it doesn't work in fresh water, necessarily, so we have a totally new process to do."

Artifacts from the *Arabia* are washed mainly with water, because other cleaning agents may be harmful. That lesson was learned from the *Bertrand* effort. The conservator for the Iowa project and a consultant on *Arabia*'s stabilization efforts, Mayda Jensen, says the *Arabia* salvagers can benefit much from the mistakes made in the stabilization of the *Bertrand* artifacts: "We found that the less people did to some types of materials the better, like the canned foodstuffs, including pickles, which were bright green. Some of the jars found on the *Bertrand* were injected with formaldehyde to keep them from decaying, and those bottles have turned a gray-green. Those bottles that were just kept refrigerated are very vivid and bright, and haven't changed at all."

The *Arabia* partners have set up a cooling area for perishable items, including food, liquor, and medicine. Workers have sealed each bottle with paraffin to prevent corks from sliding out and exposing the contents to oxygen. The salvagers estimate it will take a year just to catalog the artifacts.

Another major task was digging an 80′ x 20′ pit for the steamship's pieces. The *Arabia* must also be soaked in

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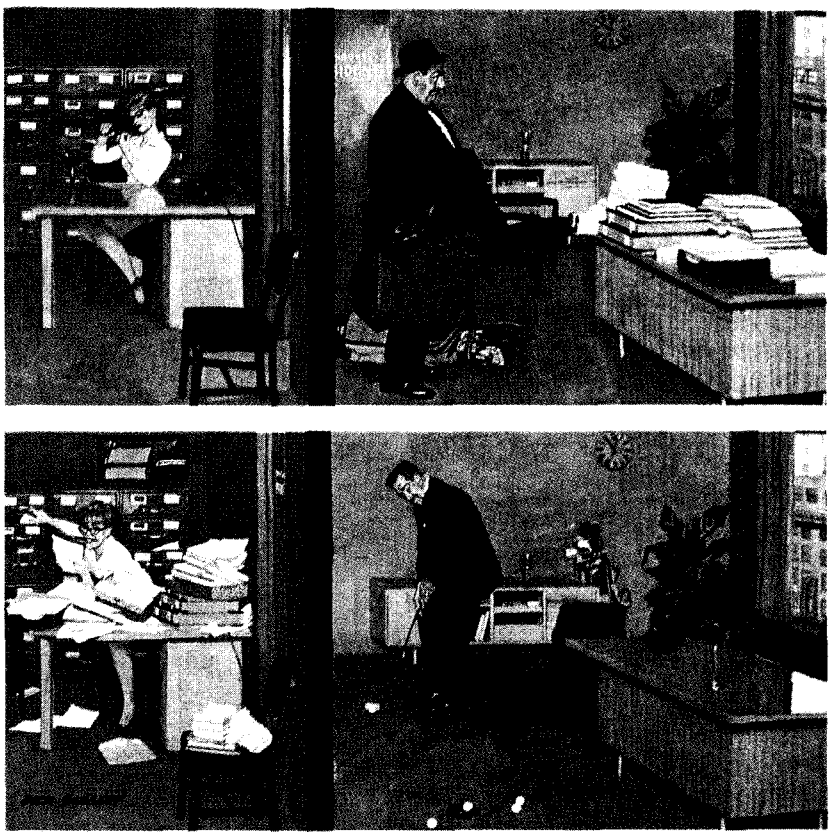
polyethylene glycol to prevent it from drying and deteriorating. So far, the partners have spent more than $700,000 on the *Arabia*. They plan to display some pieces of the steamboat, a paddlewheel, and the ship's contents in the Kansas City area by the end of the summer. But preservation efforts and work to gather historical information will continue for years.

It's one thing to salvage a steamboat—it's another to retrieve the hidden history from the project. The private partners are not archaeologists, and Joe Simmons, an archaeologist and research associate with the Institute of Archaeology at Texas A & M University, is concerned about the dig and conservation efforts. He'd like to see the salvagers develop detailed construction and configuration charts of the *Arabia*, especially of the hull. Simmons calls sunken shipwreck sites "nonrenewable resources." If the *Arabia* is excavated properly, Simmons believes, it will provide information about life on the frontier for the common man; the *Bertrand*, on the other hand, offers a more military view of 1860s life.

Simmons says archaeology is not the handmaiden of history, as many have claimed. Instead, he says it is the confessor of history, highlighting the differences between plans and true steamboat construction and revealing intriguing facts from the past. "The potential for shipwrecks on almost every navigable body of water is enormous," Simmons says. He believes specialists in steamboat archaeology will emerge as more steamboats are sought and uncovered.

Conservation efforts on the *Arabia* will take up most of the salvagers' time for the next several months. But David Hawley says that after a museum is established, the lure of sunken treasure may tempt the group again. The crew members, who have located a few more vessels in the river valley, may take on another steamboat challenge.



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Meryl Streep

continued from page 53

I don't think they do know. They judge it, yet they don't know what it is that they are looking at. Most of them—even the most sophisticated—are swept away by whether it's a character they like or dislike. They confuse the dancer with the dance.

With my work, they get stuck in the auto mechanics of it—the most obvious stuff, like what's under the hood. They mention the accent or the hair—as if it's something I've laid on that doesn't have anything to do with the character. The news is that most of the great practitioners of the art of acting know exactly what they're doing; even in the best, most successful moments, when they let go of the awareness of what they are doing, they still, somewhere deep inside their body, *know* what they're doing. There is a craft.

WW: Has somebody written about that craft?

MS: David Mamet, I guess, wrote a

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book, but I haven't read it, of course. You know, when actors get Oscar nominations, they just kvell over the fact that they got nominated. That's because actors vote for the acting nominees; the general membership votes for the winners. So winning may not be considered as *informed* an honor as a nomination. I don't think people really understand that. There's a lot of smirking when an actor makes that statement, but it's the truth. Other actors *do* know what good acting is, just as writers know what good writing is. Acting has to reach everybody on some level—it's a communication of feeling—but as far as judging the work is concerned, it is, I think, something that actors *know* about.

I was just trying to figure out what, as an actor, I'd do, because I'm not an analytical person. It's the opposite of the way I am when I cook. I'm somebody who's prepared meals for 20 years, pretty much the same stuff, and every time I have to trudge over to the *Joy of Cooking* for everything I should have memorized. Of course, I remember the descriptions, but I can't for the life of me remember how to make it. I really envy people who can say, "What's in the fridge?" and just put those elements together and concoct a feast. But that is how I act: I just see what's there in me that I can apply to the task at hand, and I instinctually apply those elements. And I know the things that trigger good work, and I know that most of it happens on the set, on the stage, "in the moment," as we used to say in acting class.

WW: When it's triggered by the director and the circumstance.

MS: Yes, and I have a sense of *shaping* things, of where I want something to blossom and where I want it to be held in until then, where not to blow it all out until this point. That's stuff that people who are just watching don't want to know about. They want to believe in the character. They don't want to see the geisha flossing, you know; they want to see her smile.

Every actor I've ever met knows about the process and talks about it. So you would think the people who judge actors would at least familiarize themselves with the art form and its process. But you rarely if ever see it written about in reviews, in critiques, in specific language. Most critics stand in awe of that process. They're afraid of it, and they don't want to get into it and sound foolish.

WW: Or they'll think it was the director or the writer.

MS: They can come closer to understanding those disciplines. Or they'll give credit for the wrong thing—God knows I'll take it however it comes—like the easiest moment in the film for the actor, because all you do is appear. Say you're supposed to have been dead for 15 years and you come around the corner and the music swells, and they write, "The moment when she came around the corner—she wasn't dead! And the look on her face. . . ." Well, if she's beautiful and backlit, all she has to do is think about lunch and the shot will work.

WW: Do actors talk to each other about acting?

MS: Yes, of course. I remember in the old days after work we used to go to those places in the theater district like Joe Allen and Jimmy Ray's and swig beer and pontificate.

WW: That was when you were with the Phoenix Theatre Company.

MS: Yes. All that can get tedious, but there's a lot to talk about there, and I've really been thinking lately about setting it down. Another act of public service!

WW: It would be interesting to read about it.

MS: Yes. When I get pesticide-free food into the market, then I'll move on to art. We have to take care of our prose life before we move into the realm of the poets. My prose life is definitely taking over at this point.

WW: Well, the thing about acting is that it's all mysterious too.

MS: Yes, there is definitely a mystery, the unknowable part that makes good actors go and watch one another in hopes of glimpsing that and for the inspiration of it. And they say to each other, "I just don't know how you did that." But underneath that—the safety net underneath that highwire act—you know there is a structure there that you *can* know. And the rest is just magic. Which is, I'm sure, true in writing as well.

WW: Yes, it's the same thing.

MS: When you write a piece, is there a part that you just put aside as the problem scene?

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You say, I'm not going to think about that. The rest is all so successful, the actors love this, the director loves this, this works. The other part is a problem. If we could just leap over that and minimize it. . . . Then do you ever find, after everybody has driven themselves excruciatingly to solve that one piece, that it becomes the thing that defines the whole?

WW: Yes, all the time. In the play I'm doing now, there's one scene that I've written 20 times and it's still not solved. It drives me crazy, but I know it *can* unlock something. And then everything else will be solved.

MS: Well, that was true for me in *Out of Africa.* I thought it was a great script, but there was this one line that I thought was just preposterous, and I didn't know how I was going to get it out. I didn't want to say it. I didn't mind being proprietary about "my" Africans, or Karen Blixen's other sort of grande-dame pretensions; but when Dennis suggests taking their young friend along on one of his flights and she rises up from her chair and says, "I won't *allow* it, Dennis," I thought it sounded like a mother admonishing her child, which did not reflect their relationship at all. It felt to me like something you have the woman say to give him a reason to walk out. It felt like a little vehicle, like a car that he could get into and slam the door and peel out in. Without that one line, did Dennis have enough reason to storm out of her life in a big huff? I thought this was a really good argument.

When we came to do the scene, I said, "All right, you know, I'm a good sport, I'll *say* it, and I'll *try* to make it work, but it won't." And, *of course,* when we played it, it was the easiest and freest thing she said in the scene, because all the reason had been used up; there was nothing left to argue with but her desperation, and it was so preposterous and pathetic that it was *right.* It was a key to the woman. I hate it when they're right.

WW: Tell me about your new film, *A Cry in the Dark.*

MS: Well, I told Fred [Schepisi] I don't know how much people who want a light piece of entertainment are going to be drawn to this. It certainly plays on deep emotional fears. But it's also got a lot of things to think about. I said to Fred that if they gave points on degree of difficulty for the Oscars, as they do in the Olympics, he'd sweep 'em, because for him this was an incredibly complicated shoot.

WW: And script.

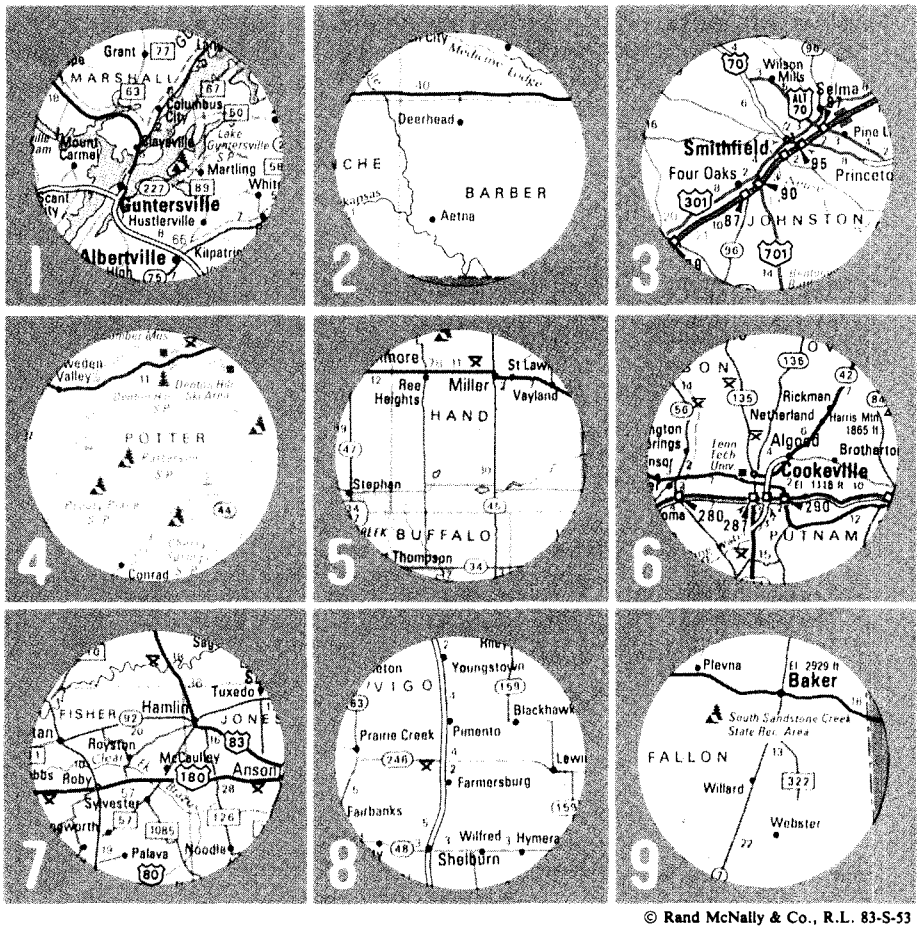
MS: Yes. He co-wrote the script, and everything in it was subject to litigation. While we were making this film Lindy Chamberlain—that's my character—and her husband were convicted murderers. They'd been pardoned, but the convictions stood. She is still the most notorious woman in Australian history. She was fighting for a change in the law that would make it possible for her to be *exonerated,* to have everyone in Australia say I'm sorry, and to get some compensation, because a pardoned murderer can't sue for damages. Lindy Chamberlain was a consultant on the film and had script approval, so in her court case they could say to her, "Well, you testified that you were 7 or 8 yards from the tent," but in the *film* you had to have her 20 feet away or something like that. If we weren't absolutely accurate, we could have screwed up her chance to be cleared once and for all in the courts.

WW: It's different from having the studio accountants hanging over your shoulder.

MS: We had the studio accountants *and* the heavy hand of the law *and* the press looking at what we were doing.

WW: Anyway, it doesn't matter now, because she won.

MS: Yes. They changed the law, and she's free and clear. Her life is wrecked, but now at least she can get a passport, and her papers don't say



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 104)

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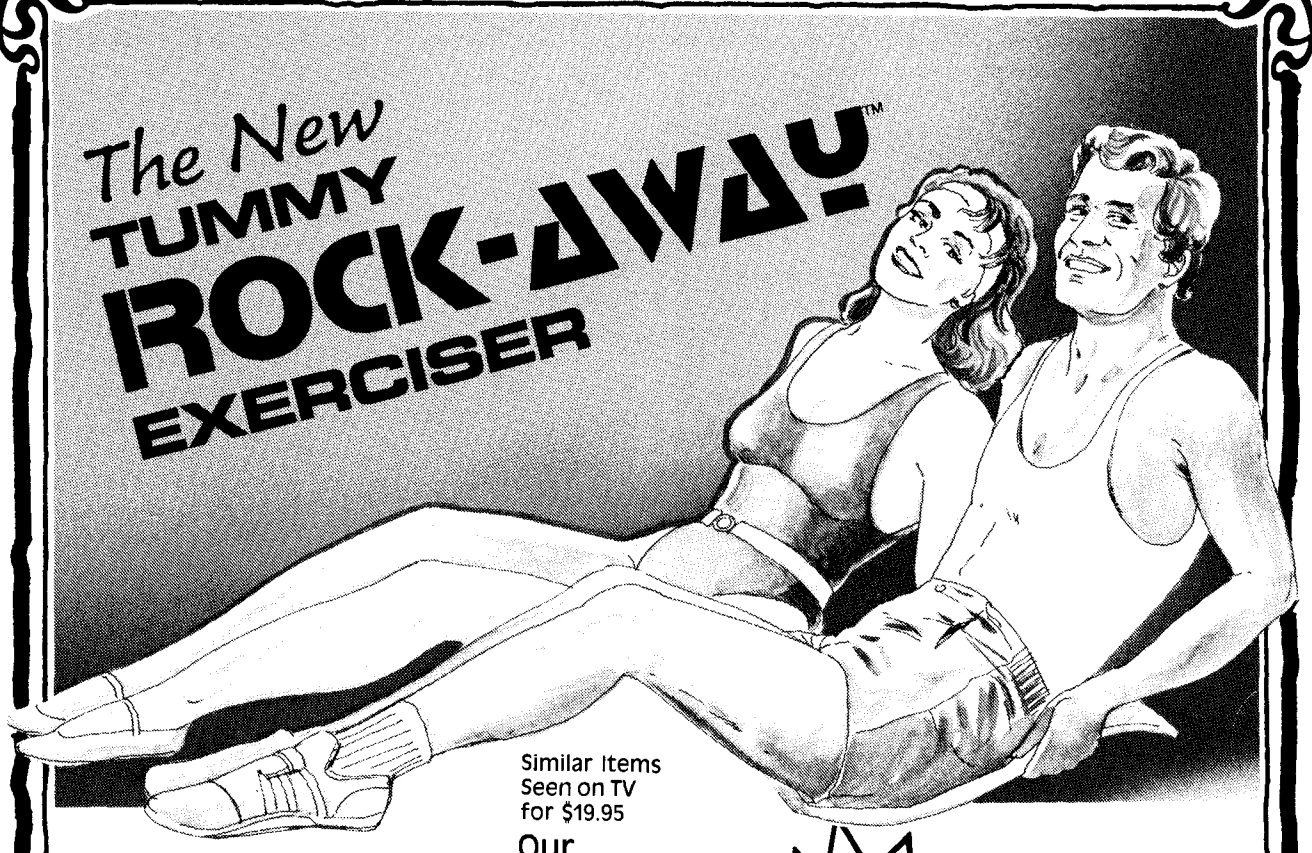

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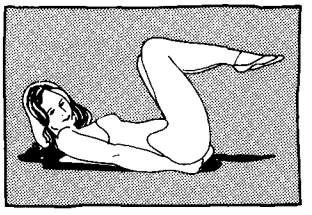

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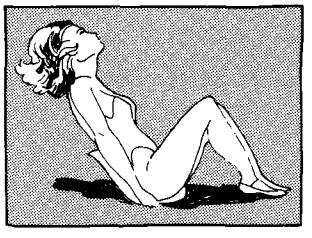

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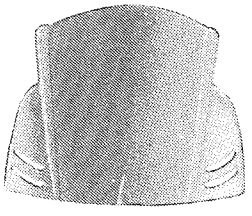

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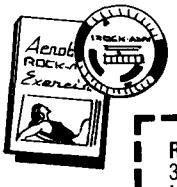

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FELON on them.

WW: Do people say to you, "You look much prettier in person than you do in the movies"?

MS: Yes, but it's probably better than "God, you look *so* much better in the movies than you do in real life."

WW: I should ask you why you keep doing what you're doing, because it's very difficult and insecure.

MS: Yes, and it's usually over in four months.

WW: But then you've got something "in the can."

MS: Your life's work consists of this unrelated series of combustions. It's ticking, ticking, and then one day in November it makes a big noise and a light in the sky and then. . . .

WW: Is this a bomb we're talking about?

MS: Shut up.

WW: I was thinking about how most of the people we went to drama school with—a *lot* of them—are doing what they wanted to do with their lives, even if it's awful and difficult.

MS: I'm doing the only thing I can, I think.

Bugles

continued from page 57

rising before him and behind him. It was the kind of boat you could hug. If he lay on his belly and dropped his arm over the side of the boat, he would feel the curve, warm and living, like the curve of a cat, something that would press against his hand. Maybe when he was out in the harbor he could hug her. Barney wouldn't care.

They had removed the blocks from the dolly under the *Odessa,* and only her own weight held her now. Barney had climbed aboard. At the bow Mrs. Flint picked up the bottle of champagne, which was wrapped in ribbons and swinging by another ribbon from the bowsprit. "She'll never smash it," Barney said.

They could not see her swing the bottle, but they could feel the tiny shock against the bow as it hit, and then the air pumps working that would move the dolly and set the boat free down the tracks.

"By God, she broke it," Barney said when he felt the tremor.

The boat moved. It made its way slowly down the black greased tracks, and Sammy, looking over the neat white deck rails into the mechanized ugliness of those tracks, felt like some god, standing where no one else could stand, above all the ordinariness of iron and boat grease. The bugle calls began. He looked up into the rafters and saw that the children were sharing the bugle, passing it up and down the line, each blowing a blast in turn. The sound was high and very clear, and it pierced straight through him.

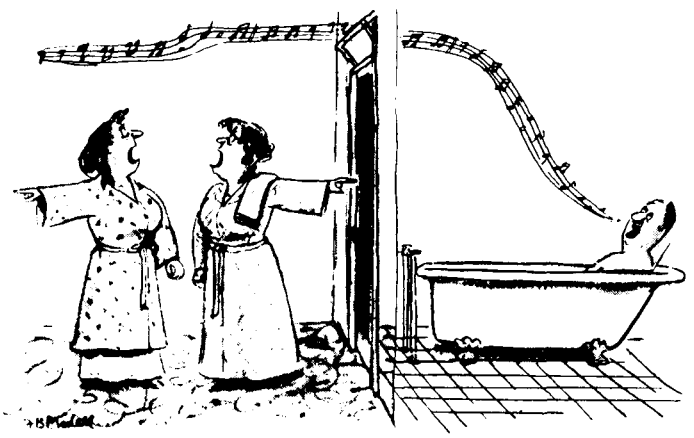
There was a moment, as the *Odessa* hit the water, when all of them held their breaths. But she barely paused, and then slipped on in. One second she was heavy and earthbound, and in the next she took heart and floated off, lifting up and away. And now the bugle really let forth, full of joy and relief and a strange kind of tenderness, echoing down from the warehouse and sounding out over the water, speeding the boat away and yet, at the same time, sadly, calling it back.

Sammy and Barney just sat there for a minute; nobody could blame them for that. They listened to the peaceful slapping of water against the boat, and to the gentle sort of breathing noise that every good boat makes. By then she was fairly far out with the tide, and the wharf seemed only a slender matchstick in the harbor.

"Got to take her in to the wharf, boy," Barney said. "They'll put the masts of her in after lunch."

"O.K.," Sammy said.

Barney stood aside for Sammy to go to the stern and start the engine. It was a neat, tight little engine; Sammy let it idle awhile just to hear the sound of it. Then he pressed the gas and swung the tiller, heading out toward the open sea.



You be the Judge

by William Donaldson

The Pottses rented one of two unused bedrooms in the Kettleses' home with the understanding that they would share the only bathroom. Nothing was said about renting the other bedroom to another party. One morning Mrs. Potts heard an unfamiliar off-key baritone voice in the bathroom. Peeking through the door, she spied a strange man singing happily in the bathtub.

"Our new lodger," Mrs. Kettles explained, when asked who was doing the singing.

"Outrageous!" Mrs. Potts snapped. "When we moved in, nothing was said about sharing the bathroom with a stranger."

"Either he shares the bathroom or you move out!" Mrs. Kettles snapped back.

When the Pottses refused to do either, the Kettleses instituted court action to evict them.

"There was no agreement giving the Pottses the exclusive privilege of sharing the bathroom with us alone," the Kettleses contended. "So we had every right to extend the same privilege to our new lodger. The Pottses' refusal to share with him interferes with our right to run our property in our own way, so they should get out."

"Sharing a bathroom is such a personal matter," the Pottses replied, "that we felt justified in assuming that the privilege was not extended to anyone else. Hence we don't feel that we should be forced to move."

If you were the judge, would you let the Pottses stay?

The Pottses won. The court said a landlord "may not foist" an unwelcome stranger upon his tenants in such personal matters as sharing a bathroom or kitchen.

(Based upon a 1951 decision of the New York City Municipal Court.)

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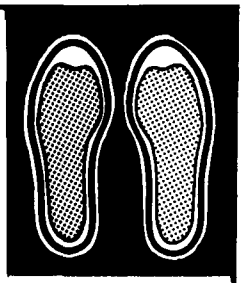

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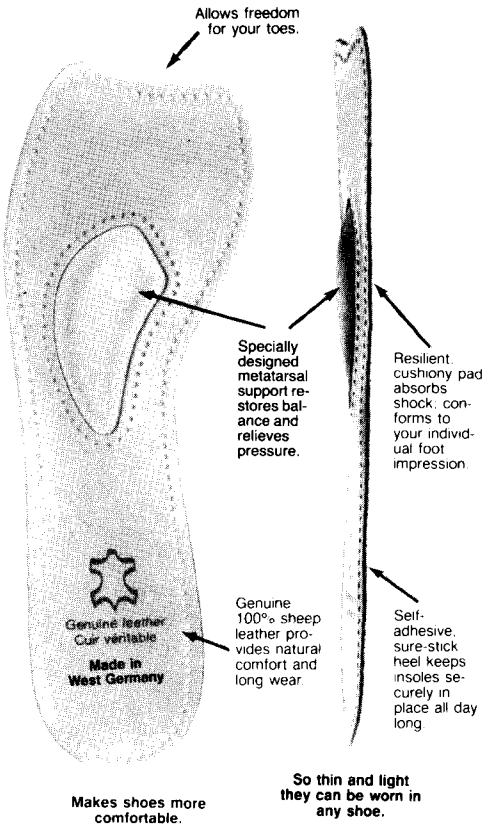
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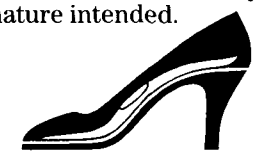

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He couldn't have said beforehand that that was what he was going to do. He had thought he was going to follow orders and work it the way he always had: turn her into the inner harbor, treat her gently, tie her to a piling, and leave her there. But what he did instead didn't surprise him; that was the strange part. Sammy pushed the *Odessa* for all she was worth and set out for the wide Atlantic Ocean, and his face was as calm as if he were asleep.

"Where you going?" Barney called. He was looking at Sammy mildly, thinking he was only playing. "Turn her, Sammy; no games now."

"Ain't a game," Sammy said.

The wind was full in his face. He opened his mouth to taste the wetness of it and gave the engine all the gas it could take, to make the wind blow harder. It wasn't an engine built for speed—probably it would only be used to putter her safely home at the end of a day's sailing—but it made good time, and they were leaving Balton far behind.

"You gone out of your head?" Barney yelled.

He reached to grab the tiller, but Sammy held on and the boat only swayed to one side.

"Sammy," Barney said. "Mr. Flint will be *hopping*!"

Barney sat down on one of the deck seats suddenly, and his face was small and gray.

Sammy switched the engine off.

"Don't know *what* we'll do," Barney said. He seemed not to have noticed that the engine was off; he put his head in his hands and groaned.

Everything was very still now. The water lapped against the sides, and the sea gulls called behind them. Sammy leaned forward and touched Barney gently, and said, "Hey, Barney, we can go back."

"I just don't know what come over you," Barney said.

Sammy leaned over the other side of the boat, away from Barney, and tried to touch the water with his fingertips. "I sure did like those bugles today," he said.

"You had some kind of *spell* maybe," Barney said.

"Every time I hear a bugle, it goes straight sharp through me. Sometimes I think I could build a hundred-foot schooner by hand, and pound in the nails with my teeth, just to hear those bugles blowing when she slides down the tracks to the sea."

Barney moved over beside him in the stern, being as quiet as possible about it, and started the engine again.

"You know, Barney, this town has got more d— bugles in it. It's got all kinds of bugles. Go walking down Main Street and the whole street is full of them—hundreds of them, blowing too high for your ear to hear, and tightening you together, calling you like your mother calling you home for supper. And who'd go anywhere, with all those bugles blowing? Even if you're crying to go, who could go?"

He was talking with his chin resting on the side of the boat, the smell of fresh varnish right beneath his nose. He couldn't see Barney's face. There was no telling if Barney heard him or not, because Barney had the engine going and the boat was turning home. The wharf grew larger and larger, and Sammy turned to watch it.

"It's such a d— *loving* town," he said. "I didn't *really* want to hear those bugles. Hey, Barney, you ever heard those bugles?"

But Barney was bent away from him, admiring the engine. When he straightened up and caught Sammy staring at him, he called, "Don't worry, boy, I got an idea back there. You and me heard something funny in the engine, see, moment we started her up. So we took her out to check on it. O.K.?"

"Sure," Sammy said. He smiled and said, "Sorry, Barney."

"Oh, h—, it's O.K."

They came in alongside the wharf, crowded now with Balton people who had stayed to see Sammy and Barney bring the boat back. Someone grabbed the bow line. A man said, "How'd it go, Sambo?" and reached down to help him up. "Quite a ride for your money you got there."

"Thinking of leaving us, Sammy?"

"How'd she run?"

They helped Barney up and then stood around with nothing to do but look at the *Odessa*, and talk about other boats they remembered from the old days.

Sammy stopped listening to them, or to the breeze rushing past his ears. In his own private echoing silence, he polished the pistol of his dreams; he held it, heavy and shining, in the farthest reaches of his thoughts, while above him the sea gulls swung and called beyond the shore.

IT IS WRITTEN STATION LOG

Program appears on Sunday unless otherwise indicated.

Anchorage, AK	KTBY-4	10:00 am
Juneau, AK	KJUD-8	8:00 am
Chico/Redding, CA	KRCR-7	8:00 am
Eureka, CA	KVIQ-6	11:15 pm
Fresno, CA	KMPH-26	10:00 am
Los Angeles, CA	KTTV-11	7:00 am
Los Angeles, CA	KHJ-9	9:30 am
Oakland/S.F., CA	KTSF-26	9:00 am (Fri.)
Oakland/S.F., CA	KTVU-2	6:30 am (Sat.)
Sacramento, CA	KOVR-13	7:00 am
San Diego, CA	KGTV-10	9:00 am
Colorado Spr., CO	KKTV-11	8:00 am
Denver, CO	KUSA-9	8:00 am
Durango, CO	KREZ-6	9:00 am
Grand Junction, CO	KREX-5	8:00 am
Montrose, CO	KREY-10	9:00 am
Orlando, FL	WFTV-9	10:30 am
Tampa, FL	WTSP-10	7:00 am
Atlanta, GA	**WTBS-17**	**6:30 am**
Athens, GA	WNGN-34	9:00 am
Honolulu, HI	KITV-4	10:30 am
Boise, ID	KTRV-12	8:30 am
Pocatello, ID	KPVI-6	10:30 am
Chicago, IL	WCIU-26	6:30 am (Mon.)
Chicago, IL	WEHS-60	7:30 am
Quincy, IL	KHQA-7	8:00 am
Fort Wayne, IN	WPTA-21	6:30 am
South Bend, IN	WSJV-28	9:30 am
Topeka, KS	KTKA-49	9:00 am
Lexington, KY	WKYT-27	11:00 am
Louisville, KY	WO5BE-5	7:00 pm (T,Th)
Portland, ME	WMTW-8	9:30 am
Baltimore, MD	WHSW-24	9:30 am
Detroit, MI	WJBK-2	8:00 am
Escanaba, MI	WJMN-3	10:00 am
Lansing, MI	WLNS-6	8:00 am
Minneapolis, MN	KMSP-9	7:00 am
Billings, MT	KULR-8	9:30 am
Helena, MT	KTVH-12	9:00 am
Omaha, NE	KETV-7	9:30 am
Reno, NV	KOLO-8	8:30 am
Elmira, NY	WENY-36	1:30 pm
New York City, NY	WNJU-47	10:00 am
Plattsburgh, NY	WPTZ-5	7:30 am
Fargo, ND	KXJB-4	9:00 am
Cleveland, OH	WQHS-61	9:30 am
Columbus, OH	WBNS-10	8:00 am
Coos Bay, OR	KCBY-11	7:00 am
Eugene, OR	KEZI-9	9:00 am
Medford, OR	KTVL-10	7:00 am
Portland, OR	KPTV-12	10:30 am
Roseburg, OR	KPIC-4	7:00 am
Greenville, SC	WYFF-4	7:30 am
Chattanooga, TN	WRCB-3	10:30 am
Knoxville, TN	WATE-6	9:30 am
Nashville, TN	WTVF-5	8:00 am
Dallas, TX	KTVT-11	8:30 am
Weslaco, TX	KRGV-5	9:30 am
Roanoke, VA	WDBJ-7	8:30 am
Seattle, WA	KSTW-11	8:00 am
Tri-Cities, WA	KNDU-25	9:00 am
Yakima, WA	KNDO-23	9:00 am
Washington, D.C.	WJLA-7	8:30 am
Green Bay, WI	WFRV-5	10:00 am
Rhinelander, WI	WJFW-12	10:00 am
Christiansted, V.I.	WSVI-8	4:00 pm

CABLE VIEWING OPTIONS

VISN	12 noon/5:30 pm EDT
VISION (Canada)	8:00/11:00 pm EDT
WTBS-17 (Atlanta)	6:30 am EDT
PTL	9:00 pm EDT
3ABN	8:00 pm CDT

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Aug. 14	"Secret of the Rapture"
Aug. 21	"Planet Earth's New Age"
Aug. 28	"Counterfeiting Armageddon"

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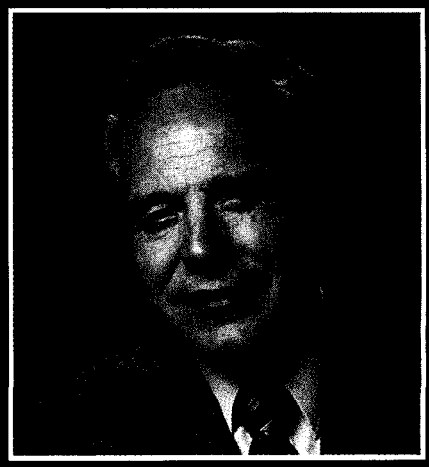

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